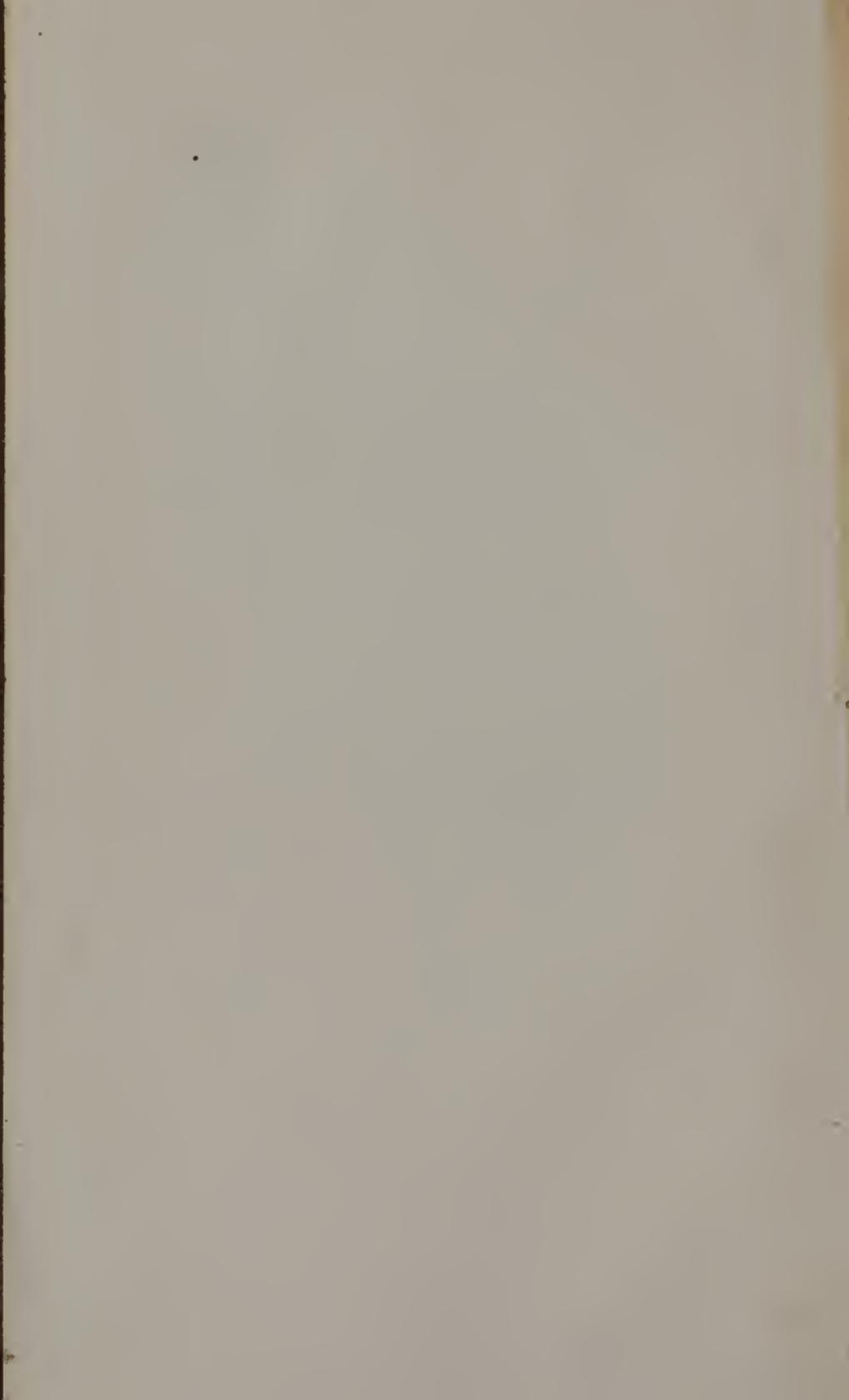


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1847



# FAMILY PHYSICIAN:

DESIGNED TO ASSIST

Heads of Families, Travellers and Sea-Faring People

IN

DISCERNING, DISTINGUISHING AND CURING

## DISEASES:

WITH DIRECTIONS FOR THE PREPARATION AND USE OF

A NUMEROUS COLLECTION

OF THE BEST AMERICAN REMEDIES,

TOGETHER WITH A LARGE NUMBER OF

VALUABLE RECEIPTS

FOR MAKING PLASTERS, OINTMENTS, OILS, POULTICES, DECOCTIO-  
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ING ALL HERBS, THE WAY OF DRYING AND KEEPING  
THE HERBS ALL THE YEAR, ALSO THE WAY OF  
MAKING AND KEEPING ALL KINDS OF USE-  
FUL COMPOUNDS MADE OF HERBS.

BY JOHN FRISBEE.

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## P R E F A C E.

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EVERY mortal is liable to be thrown into suffering by accident, or by disease, and no situation in life exempts any one from the common lot.

Physicians cannot be present in every place, nor can they alone do everything which should be done for those to whom they are called. The sick must depend much on nurses and attendants ; and almost every individual thing which is done for the sick, is influenced by the notions or prejudices of the attendants. How important, then, that the means of information relating to the healing art be extended to every one who may suffer, or who can watch. There are cases, also, where medical aid cannot be obtained ; and shall the sufferer lie without relief ?

In the following work I have attempted, in the plainest language, to inform the reader

what he should do, when he is a witness to pain and sickness, and no one present better informed than himself.

I have endeavored to describe what every man may do, (and they may do much in many cases,) until effectual assistance may be afforded, where people are now idle, and frequently life may be staid till a physician arrives.

What is said of American Remedies, I think may be relied upon. The collection is sufficiently numerous to answer every purpose of medicine in common hands ; they should always be preferred, where they can be obtained.

# FAMILY PHYSICIAN.

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## DISEASES.

THE knowledge of diseases does not depend so much on scientific principles as many imagine. It is chiefly the result of experience and observation. By attending the sick, and carefully observing the various occurrences in diseases, a great degree of accuracy may be acquired, both in distinguishing their symptoms, and in the application of medicines; hence sensible nurses and other persons who wait upon the sick, often discover a disease sooner than those who have been bred to physic. We do not, however, mean to insinuate that a medical education is of no use; it is doubtless of the greatest importance, but it can never supply the place of observation and experience.

Every disease may be considered an assemblage of symptoms, and must be distinguished by those which are most obvious and permanent. By a due attention to these, the investigation of diseases will be found to be less difficult than is generally imagined.

In the cure of diseases much may be done by diet alone; many patients think the more drugs they swallow the better they should do; this makes people trust to drugs and neglect their own endeavors; besides it discourages all attempts to relieve the sick when medicines cannot be obtained. Every disease weakens the digestive powers, therefore the diet should be light and easy of digestion.

Exercise, in many cases, may be considered as medicine; sailing, or riding on horseback, will be of more service than medicines in consumptions and nervous affections.

## TO TREAT A FEVER OF ANY KIND.

Fever are caused by colds, which generally produce a pain in the head, with sickness at the stomach, and frequented with cold chills over the body; as the fever increases the pain increases.

Reason teaches us that cold must be subdued by heat; therefore the first thing to be done is to soak the feet in warm water, add half pint of salt to the water, so as to make a pickle—at the same time, give peppermint, or mayweed, or pennyroyal; if you wish you can add a little cayenne. The teas must be given freely until the patient is caused to sweat freely in the temples; as the water cools add more hot water; as the sweat begins to flow in the temples, take a puke of ipecac, or lobelia—this must be done while the feet are in the water. In all cases be sure and puke the patient, until the patient bring up the bile or bitter from the stomach, so as to taste the bitter in the mouth; when this is done, wash out the feet with cold vinegar or rum, give a glass of wormwood tea to correct the bile, then put the patient in bed, give a portion of senna and manna, if you have not the manna give the senna alone. You will then keep the patient in a gentle sweat until the pain is all removed from every part of the body, and the legs become warm, and the redness disappears in the face. To keep the sweat flowing you must place a hot stone at the feet, wrapt in a cloth, damped with vinegar or water, then give a tea made of mayweed, peppermint, or pennyroyal, which may be given freely until the patient is caused to sweat, which must be continued as directed above. Great care must be taken to keep the inward heat the highest; if a true balance of heat is kept, the patient will lay and sweat with the greatest ease. If the patient is restless and does not sweat, more hot tea must be given to bring a true balance; but if restless, and sweats at the same time, some of the clothes must be taken off, so that the patient may rest easy; at the same time while sweating, give gruels of any kind that the appetite of the patient craves. After the

fever is all gone, the patient must be washed all over with vinegar or rum and wiped dry, then dressed in clean and dry (woollen) clothes, after which great care must be taken to prevent taking cold. Then make a tea of wormwood and peach-leaves—take one third the quantity of peach-leaves there is of the wormwood—it must be taken morning, noon and night to help the appetite, strengthen the stomach and bowels, help the digestion, and put the body in health.

The above is what I term a course of medicine. If it is found necessary, you will give an injection of a stimulating kind, so as to keep up the perspiration; the composition tea will be of great use in keeping up the perspiration, and will assist in cleansing the stomach. [See Injections and Restoratives and Syrups, Thoroughwort and Wormwood.]

#### ERYSIPelas.

*Character.*—The swelling diffused, of a bright scarlet color tinged with yellow, not very prominent. Erysipelas is prone to spread rapidly to a great extent; the swelling is neither so hard, so elevated, nor so prominent as that of common inflammation; when pressed with the finger the color leaves the skin, but soon returns; the pain is of a burning, itching kind. Sometimes this disease in its course changes its seat entirely, leaving one part for another—frequently little blisters arise, called St. Anthony's Fire, not dangerous if other symptoms are mild.

*Favorable symptoms.*—Absence of fever, or if present, assuming the inflammatory form, bright red color, strength little diminished. [See American Remedies.]

*Treatment.*—Take one pint of French brandy, five oz. of common table salt, put it in a bottle, and let it stand fifteen or twenty hours; let the patient take two table-spoonfuls three times a day, in a tea-cup of lukewarm water; he may sweeten it to make it palatable, if he chooses. Rub the parts affected with the liquid, four or five times a day, on and

above and below the affected part. The medicine is harmless and a sure cure. [Gardner.]

#### CURE FOR ST. ANTHONY'S FIRE.

If St. Anthony's Fire should set in with the Erysipelas, drink every morning, fasting, a gill or a half pint of elder flower tea, and the same quantity in the afternoon; it may be drank warm or cold, as best suits the stomach. I have recommended this tea from my experience of it. A sufficient quantity of those flowers should be gathered in a dry day, and dried with great care for use. The tea is made by pouring a quart of boiling water, on two handfuls of elder flowers when green; when dry, a less quantity will do. [See American Remedies.]

#### TYPHUS FEVER.

*Symptoms.*—The attack is much more sudden than that of nervous fever; the strength gone, the horror and anxiety beyond expression, the skin cold, or of burning acrid, almost stinging heat, the pulse quick, small, sometimes halting, at others wiry, nausea and bilious vomiting, internal pain in the head, ringing in the ears, throbbing in the temples, beating of the arteries visible in the neck, fiery redness of the eyes, furious delirium, tongue dry, black and encrusted, breath hot and offensive, black crusts on the teeth, urine at first pale, thin, high colored, offensive, or depositing a black sediment. As the disease advances, bleedings take place from different parts of the body; red, blue, purple, or black spots, appear under, without raising the skin, involuntary evacinations extremely offensive; pulse sinks and intermits; extremities grow cold; hickup, convulsions. Distinguished from all other fevers by symptoms which cannot be mistaken; always dangerous, more especially if it proceed to the coming on of the symptoms mentioned in the advanced stage.

*Favorable symptoms.*—Rising of the pulse, return of sleep and reason, the spots being of a florid color.

*Treatment.*—By the rule laid down for fevers. In the early stage of typhus fever we should administer

a course of medicine, and if the patient is carried through a regular course, as he should be, you will remove the disease before the constitutional powers have been seriously impaired.

The sick chamber should be ventilated frequently, without exposing the patient to currents of air. The chamber should also be kept perfectly clean and sweet in other respects, and the bed-clothes, as well as the patient's linen, changed often. Light, nourishing diet. [See Sick Diet.]

After the disease has abated, and the patient in a fair way of recovery, he should be cautioned not to make any sudden exertion of his strength; the typhus fever and likewise all other fevers should be watched with great care, and taken with their first symptoms, and proceed according to the directions laid down for fevers; by so doing you will find no difficulty in throwing off the disorder in six or eight hours. I have never failed in one single instance of throwing off a fever, by the rule laid down for fevers.

The diarrhoea which often occurs in typhus fever, may be checked by the use of composition tea. If delirium or stupor occurs, give a portion of senna and manna; then give freely of wormwood tea three or four times, followed by two or three drachms of thoroughwort tea, then give the wormwood tea, until the cause is removed, which will be in about ten or twelve hours, when sleep and reason will return to the patient. There are cases of typhus fever which bid defiance to all human means by neglecting the disorder too long. As soon as the fever is entirely subdued, the bitter or restorative medicines are to be employed to increase the tone of the stomach. [See Bitters and Restoratives.]

Attention to diet, both as to quantity and quality, is of the utmost importance in the treatment of diseases, and quite as necessary as the administration of suitable medicines; persons should never overload their digestive powers, in using tea, coffee, butter, or fat meat, and other articles of food which are calculated to derange the stomach and bowels.

*Diet.*—Light boiled rice, stewed apples, prunes or gooseberries, soft boiled eggs, egg beat up in sugar, arrow root, bread water, calf's feet jelly, chicken broth, beef tea, unbolted wheat bread, and wheat gruel, or gruel made of the flour of elm.

#### SIMPLE INFLAMMATORY FEVER.

*Symptoms.*—Weariness, anxiety, chills and flushes alternately, terminating in a violent heat; face flushed, eyes and skin red, pulse frequently strong, hard, and irregular; great thirst, white tongue, scanty high colored urine, exquisite sensibility, hurried breathing, and intolerance of the usual impressions; sometimes delirium.

*Favorable.*—Moisture of the skin, nose bleed, sores around the mouth, diarrhœa, soft pulse.

*Unfavorable.*—High delirium, high pulse, laborious breathing, hickup, twitchings, involuntary evacuations. Distinguished from typhus, by full, strong pulse. From inflammation of the brain, by there being no delirium at the first attack.

*Cause.*—Sudden exposure to cold after violent exercise; intemperance; suppressed evacuations; violent passion; most commonly suppressed perspiration.

*Treatment.*—Take the rule laid down for fevers. [See American Remedies.] Cool air, sprinkling the floor with vinegar and water, light bed-clothes and sitting up. A restorative after the fever is subsided: Take of wormwood, thoroughwort, of each half handful; balmony, half handful of the blows and leaves, then take of pulverized poplar bark, half an ounce, sage, one handful; put them all into a convenient vessel, add two quarts of boiling water, steep twenty minutes, strain it off, add two pounds of sugar, steep fifteen minutes; while steeping, take off the scum that rises and strain again; if convenient, add half pint of good brandy, and it is fit for use. By taking from a half glass to a glass of this syrup, morning, noon and night, fifteen minutes before eating, will help the appetite, strengthen the stomach and bowels, help the digestion, and put the body in health. [See American Remedies and Syrups.]

## INTERMITTENT FEVER.

*Symptoms.—Cold stage.*—Langor, listlessness, yawning and stretching; pulse small, frequent, and irregular; breathing, anxious and short; the patient feels cold, first in the back, then over the whole body, followed by a universal shaking or ague.

*Hot stage.*—After the shaking, flushes come on, succeeded by a steady high heat; soreness of the flesh; acute sensibility; pain in the head, and flying pains over the whole body; pulse quick, strong and hard; white tongue; great thirst; scanty high colored urine; costiveness.

*Sweating stage.*—At length a moisture appears, then a sweat, first in the face, and proceeding downward to the feet. The heat abates; the pulse becomes slow, full and free; the bowels move; the breathing is free, and all the functions are restored to their natural standard. After an interval of twenty-four, forty-eight, or seventy hours, the ague and fever returns with nearly the same symptoms as before, and this distinguishes intermittent from all other fevers, viz. a time between the fit when the patient is free from fever.

*Causes.*—Exposure to the vapors arising from stagnant waters after fatigue, or any thing which debilitates; as poor food, fear, anxiety, disappointment, &c.

*Treatment.*—See direction for fevers, with the addition of a tea made of camomile, and dandelion roots and tops, and mustard tea. [See American Remedies and Syrups.]

## NERVOUS FEVER.

Called also, Slow Fever, Long Fever, Mild Typhus Fever.

*Symptoms.*—General languor and lassitude, alternate chills and flushes, dejection of mind, loss of appetite, confusion of thought, giddiness, pain in the head, aching pain in the back, limbs, and flying over the whole body; nausea and vomiting; short, anxious breathing; pulse weak, quick, often intermitting; tongue at first white, moist, covered with slime, bor-

der indented with the teeth, afterwards dry, brown, and tremulous, little thirst, urine pale, low muttering delirium.

As the disease advances, the heat becomes intense, tongue dry, brown, and morbidly red; delirium with suffused redness of the eyes, flushed countenance, throbbing of the arteries of the neck and temples, urine scanty, high colored and fetid; sometimes drenching sweats, profuse diarrhœa, starting of the tendons, lethargic sleep, involuntary evacuations, cold extremities, convulsions. Such is usually the progress of this disease. Sometimes, however, the patient gradually, almost imperceptibly, sinks; no threatening symptoms, no anxiety, no pain, or distress; yet in such cases the arteries are seen to tremble or throb under the chin, and a dark rose or peony colored spot appears on one of the cheeks, while the limbs are apt to be cold.

*Favorable symptoms.*—About the seventh, fourteenth, or twenty-first day, the tongue peeling and becoming moist, showing a conical point and vigor of motion when put out and quickly retracted; moist skin, gentle diarrhœa, pulse becoming slow and full; sores about the mouth and nose.

*Unfavorable.*—When no crisis appears on one of the above days; all of the symptoms enumerated in the second, or advanced stage.

*Cause.*—Exposure to a damp, cold atmosphere, depressing passions, fear, grief, anxiety, exhaustion from fatigue, more especially in persons of delicate habit, accompanied with irritability and sensibility, of sedentary life, of poor living and indolence. Distinguished from malignant typhus, by its attack being more gradual, the succession of symptoms being less rapid, less urgent. [See Malignant Typhus.] From inflammatory fever by the pulse being quick, weak and feeble.

*Treatment.*—[See Typhus Fever.] Drink freely of composition powders, poured off from the dregs. If there should be pain in the stomach, take a tea-spoonful of hot drops as often as needed. By observ-

ing the rule laid down for fevers, and strictly following them, you may break up the fever before it is seated.

*Diet.*—Light nourishing. [See American Remedies, and see Syrups, No. 1, 2, 3, 4.]

#### YELLOW FEVER.

Many of the symptoms of this fever are common with this and the fevers above described. Those in some measure peculiar to yellow fever, seem to be pains in the eyeballs and lower part of the forehead; the saliva is viscid, large quantities of frothy bile is thrown up by vomiting; the eyes, face and breast of a deep yellow tinge; a peculiar delirium, with permanent dilatations of the pupils of the eyes; delusive remissions which promise speedy recovery. Soon, however, the disease returns with redoubled violence; the patient suddenly becomes giddy, loses his sight, or the eyes are much inflamed, watery, protruding and wildly rolling; anxiety, vomiting of yellow or black matter, sweats of a yellow color, and highly offensive; bleedings, severe pains, more especially in the testicles and calves of the legs; livid spots in the skin; the patient in an agony throws out and draws back his extremities in violent succession; black fetid stools, hickup, sunk pulse, death.

Such are the usual appearances; yet so irregular and so varied is this disease, that the most eminent physicians consider it only as a remittent fever, deranged as to its form, by appearing in subjects unaccustomed to hot climates; so that if all would stay in their native climate this disease would disappear.

*Causes.*—Exposure to noxious exhalations from swamps, rivers, lakes, ponds and marshes, or the filth of cities and towns, accumulated under a burning sun. The poison is assisted by an irregular life, intemperance, exhaustion of the system from whatever cause.

*Treatment.*—By the rule laid down for typhus fever. Drink, a tea made of saffron will be found very beneficial in this fever. All the obstructions of the

feet, damp rooms, hallowing, blowing on wind instruments, &c.

*Treatment.*—The first thing to be performed, is to soak the feet in juniper water, steeped from the flat juniper bush; while the feet are soaking give a draft or two of stimulating tea, then take some of the juniper water, put the same in some convenient vessel, put a hot rock in the liquor, then throw a coverlid over the head, so as to retain the steam under the coverlid. The person ought to inhale the steam into the lungs, as much as possible, while in the steam; the steam should be kept up until the person should perspire well all over the body, then wash the patient all over with vinegar or rum—do not omit the head;—then dress in clean woollen clothes, give an emetic of ipecac; after the emetic is done operating give a half or a whole glass of wormwood tea, then give a gentle physic; make a tea of the blackberry leaves, hyssop, lovage, each a handful, add half a tea-spoonful of fine salt, one sprig of wormwood, one quart of boiling water, steep fifteen minutes, strain off, add one glass of honey; a table spoonful of this may be given every fifteen or twenty minutes, as the case may require. External applications to the throat are important; for this purpose take of wormwood, stripped from the stalks, simmer in vinegar, add two tea-spoonsfuls of table salt, one tea-spoonful of hogs fat, apply it to the throat with a woollen cloth; rub it ten or fifteen minutes; then apply the wormwood as a bath, upon the neck; repeat several times a day; it will be well to add a little cayenne to the liquor. The composition tea will be found useful in this complaint. An injection in this complaint will also be found very beneficial, composed of a sprig or two of lobelia, one tea-spoonful of flour of elm, a small handful of thoroughwort, one tea-spoonful of composition to a pint of water, steep fifteen minutes, strain off; add for a child one tea-spoonful of caster oil, or one tea spoonful of hogs lard. Administer the decoction blood warm. [See American Remedies.]

## SCARLET FEVER.

This fever is most commonly inflammatory, but sometimes either at its commencement, or in its progress, symptoms of typhus appear. About the fourth day the face swells and spots of a florid red color appear, scattered through the skin, which at length run together, and after three days disappear; the scurfskin peeling off in brauny scales; in severe cases the nails peel off with the skin. It is not unfrequently succeeded by a dropsical swelling of the whole body. When the disease has symptoms of typhus fever, it appears like malignant quinsey, often the same affection of the throat, when it is to be treated like the quinsey, or typhus. [See those Diseases.] Scarlet fever is distinguished from measles, by absence of cough, sneezing, flow of tears; the eruption is more diffused like a blaze, and not sensible to the touch.

*Treatment.*—The first thing to be performed is to soak the feet in hot water, add a little salt to the water, give stimulating teas so as to bring on a perspiration over the whole system; then give warm mustard tea until the patient vomits freely; this must be done while the feet are in the water. When the patient is done vomiting give a glass of wormwood tea to correct the bile; then wash the feet in cold vinegar or spirits; take a portion of physic, and go to bed; put a hot stone at the feet, keep the patient in a gentle perspiration for the space of four or six hours; then wash or rub the patient all over with cold vinegar; then dress in clean dry clothes.

Mustard or hop poultice is a good application to the throat; a strip of the rind of pork has been found of great service, by renewing it as often as it becomes heated. Take one pint of new rum, add to it three ounces of sulphur, shake it well together; dose, one table-spoonful three or four times a day; in the intervals, take of the composition tea to keep up a moisture upon the surface. [See American Remedies.] During convalescence the patient must avoid exposure to cold, and recruit his energies by the use of the bitter or restorative medicines; and a light, nourishing diet.

Unbolted wheat meal gruel should be eaten, to regulate the bowels; gentle exercise in the open air, provided the weather is mild and pleasant, will have an invigorating effect. Exercise is necessary to invigorate the body, but in the case of an invalid, should neither be taken in the damp, cold air, nor to the extent of producing fatigue. In lung complaints breathing a cold atmosphere is very injurious, even though the body is well protected by clothing. The feet, in walking, should be kept warm and dry. Exposure to the night air should be avoided, both in summer and winter; and a patient should be careful not to stand, for any length of time, on the cold ground or pavement. As we proceed into the air, while the body is warm, we should, by a brisk pace, endeavor to keep up that degree of animal heat with which we set out, and that determination to the surface of the body, which is so effectual in preventing affections of any internal organ. Exercise quickens the circulation, exhilarates the mind, creates an appetite, and renovates the whole system.

#### MALIGNANT QUINSEY.

This disease is a kind of ulcerous sore throat, attended with typhus fever and quick pulse; and requires the treatment of typhus, with the addition of gargles frequently used. [See American Remedies and Syrups.]

#### CROUP, OR RATTLES.

This disease, generally of children, creeps on imperceptibly, with a hoarse dry cough; wheezing; at first the breathing sounds like blowing through muslin; then a rattling in the throat; soon it is like the croaking of a fowl when caught in the hand.

*Treatment.*—Stimulating teas should be given to the extent of producing perspiration, together with a warm bath or a sweat; give an emetic of mustard or ipecac; after the emetic is done operating, give a glass of thoroughwort tea, followed by a portion of senna; add to the senna one tea-spoonful of ginger; give freely of the composition tea; take one tea-spoonful

of composition, one tea-spoonful of sugar, to a cupful of boiling water; after it steeps, strain off; then administer the same warm to keep the skin moist; and at night, on retiring to bed, a heated stone should be placed at the feet wrapped in a cloth dampened with vinegar. The diet should be light and easy of digestion. It is important to keep up a uniform temperature in the sick room, for those who have had the management of croup, know that as soon as the fire is neglected, or the air in the apartment becomes chilly, there is a return, or increase of the malady.

NOTE.—In diseases, terrible as the two last described, and many others incident to human nature, no time should be lost, but medical aid obtained as quick as possible; yet something should be done while the physician is coming, and more especially if he cannot come at all. In a work of this kind, most should be written on the more manageable diseases. [See American Remedies.]

#### MUMPS.

This is commonly a mild disease, requiring only that the patient avoid all causes of cold. Should fever appear, treat it as simple inflammatory fever. If swelling of the testicles in men, and the breasts in women, or delirium supervene, treat it as brain fever, mustard paste to the feet, fomentations to the parts affected.

The philanthropic Dr. Rush, of Philadelphia, said that there was no disease so trifling, but at one time or other it had proved an avenue to death; and there are times or rather cases, in which this disease puts on a frightful aspect.

#### PLEURISY.

Symptoms of inflammatory fever, accompanied with a sense of weight in the chest, which in a short time becomes acute; pain shooting into the side, thence to the breast bone, or through to the shoulder blade; breathing difficult, and increases the pain. The patient cannot lie on the affected side; cough, frequent, hard, contracted pulse, vibrating under the

finger like the tense-string of a musical instrument. White tongue, high colored urine, and indeed all the symptoms of inflammatory fever. Caused most frequently by exposure to vicissitudes of temperature; violent exercise of body, or exertions of the voice.

*Treatment.*—This complaint should be taken in hand with the first symptoms. Put the patient to bed, give warm stimulating teas, put a hot rock at the feet, bring on a perspiration of the whole body—then give an emetic to cleanse the stomach; after the emetic is done operating, give a glass of wormwood tea, or thoroughwort tea; in fifteen minutes give a portion of physic. Apply boiled potatoes, put them in a flannel bag, lay them on the pained side—it will shortly remove the pain from that place to another. You must follow the pain and apply the potatoes, until you chase it away. The potatoes must be applied as hot as they can be borne, and renew them as often as they get cool, and the sweat must be continued, if possible, until the pain is removed. Drink freely of a syrup composed of thoroughwort, hoarhound, sage, each a handful; steep fifteen minutes; then add about one great spoonful of saffron; if you have it, add a little colt's foot; if it be colt's foot, it must be added with the rest at the commencement of boiling; if saffron, steep a few minutes before you add it. Then strain off, add half pound of sugar, steep fifteen minutes, strain off; three pints of water will be sufficient to steep it in. By taking a half glass of this syrup, as often as every hour or two, it will wonderfully open the obstructions of the stomach, liver and spleen, and assist in raising from the lungs. In the intervals use the composition tea. [See American Remedies and Syrups.]

After the disease is removed, the patient should not expose himself to cold, until his lungs become strong.

#### LUNG FEVER.

This disease has, seemingly, for a number of years in New England, taken the place of pleurisy. It differs from pleurisy, in the pains being less acute

and more steady ; a greater sense of oppression and weight all around the chest ; the face is flushed, sometimes almost purple ; pulse not hard, but quick. It sometimes comes on by cold chills, followed by a hot and dry skin, hurried and laborious breathing, tightness of the breast, distressing cough, scanty and high colored urine, and dull pain in some part of the chest, which is increased by coughing, or taking a long breath. The tongue is often dry, and of a dark color.

*Treatment.*—By the rule laid down for fevers. Drink freely of thoroughwort tea. [See Syrups and their direction.] If the patient is too weak to soak the feet, it will be necessary to sweat the patient in bed. The patient should be nourished with some light gruel, which will not oppress the stomach ; make free use of the restorative medicine during convalescence.

Slight cases of lung fever are not difficult of cure, yet it sometimes appears with symptoms, which bid defiance to all common means. A mottled skin, a cadaverous smell, and the skin, to the examiner, feeling like that of a negro's, flabby, or rather like one that is dead, but not quite cold.

#### INFLAMMATION OF THE STOMACH.

Fever, anxiety, heat and pain in the region of the stomach, increased when any thing is swallowed, aggravated by pressure on the stomach, vomiting, hickup ; pulse hard and small ; great prostration of strength. Caused by indigestible food, draughts of cold water when the body is heated, and exposure to damp or chilly atmosphere. It also follows in the train of other affections.

*Treatment.*—By the rule laid down for fevers. After the course, the patient should be kept in a gentle perspiration, and for this purpose, a heated stone wrapped in a damp cloth may be placed at the feet, and stimulating teas given to keep up the perspiration ; while the stomach is inflamed, the digestive process is partially, if not wholly arrested. It is im-

portant, that the patient should refrain from the use of solid food until a recovery has taken place.

The food must be light and easy of digestion, and every thing avoided which has a tendency to derange or oppress the stomach. The physical drops combined with the lung syrup. [See Syrups and American Remedies.]

#### INFLAMMATION OF THE BOWELS.

Acute pain in the bowels increased by pressure, and shooting and twisting round the navel; obstinate costiveness, belly tense, frequent inclination to stool; vomiting bilious, dark and fetid matter. Fever, pulse quick, hard and contracted; great prostration of strength, high colored urine. A terrible disease. Distinguished from colic, by the pain in colic being relieved by pressure; absence of fever in colic, and the pulse is not affected.

*Treatment.*—This is a disease of considerable danger, and should be met at the outset with prompt and energetic treatment. A thorough course of medicine should be given, according to the directions on page 6 and 7. For the pain in the stomach, give thoroughwort and poppy tea, of the leaves or blows; take a small handful of thoroughwort, half as much of poppy leaves or blows; add half pint of boiling water, cover over the vessel, let it stand fifteen minutes; strain off, give half a glass every fifteen or twenty minutes, or until the pain is removed; then give a portion of senna and manna. The patient should be kept in a gentle perspiration with stimulating tea. Injections should not be omitted, and should be repeated often if it is found necessary; a hot tansy bath should be applied to the bowels, often repeated; bathe the bowels with hot drops. [See American Remedies and Syrups.]

The patient should restrict himself to light, nourishing diet, and avoid exposure to the cold.

#### INFLAMMATION OF THE LIVER.

Tension and pain near the short ribs of the right side, more or less acute, shooting to the top of the

shoulder, and through to the shoulder blade; increased by lying on the left side; fever, dry cough, sallow countenance, high colored urine; sometimes hickup and vomiting.

*Causes.*—Violent emetics, hot climates, violent passions, intemperance, and all the causes of inflammation.

*Treatment.*—The treatment should be the same in this disease, as in inflammation of any other internal part. We must endeavor to restore the circulation of blood to the whole system; for this purpose it will be necessary to give composition teas, given often to keep the skin moist. After the stomach and bowels are sufficiently warm, and the skin moist, give a portion of physic to cleanse or clear the bowels. Then commence with the Syrup, No. 1; bathe the side or pained part often with rheumatic drops; then apply a plaster to the place pained, raise the plaster once a day, and bathe with the drops, then replace the plaster again, and so continue until the pain is removed. On going to bed a heated stone should be placed at the feet, and composition tea given to keep up a moisture upon the skin, which is of the greatest consequence. The patient should avoid taking cold, and the feet kept dry. A light and nourishing diet; avoid damps and colds. [See Syrups and American Remedies, and Physical Drops.]

#### INFLAMMATION OF THE KIDNEY.

Fever, pain in the loins, shooting to the bladder, drawing up of the testicle, numbness of the thigh, high colored urine, vomiting, costiveness, and colic pains. There is a frequent desire to pass water, which is scanty, and is often red. If both kidneys are inflamed, the urine is entirely suppressed, in which case the perspiration soon acquires a urinous smell. This symptom is a bad one, and requires active treatment; for if the urine is suffered to remain in the blood, it will give rise to drowsiness and stupor. Sickness at the stomach and vomiting are not unusual symptoms.

*Causes.*—Are external injuries, strains of the back,

lifting heavy weights; the presence of gravel in the kidney.

*Treatment.*—Relief may be obtained by keeping the patient in a perspiration. For this purpose a heated stone wrapped in damp cloths should be applied to the feet; mayweed tea given freely until a perspiration is brought on; a tea made of smartweed should be given until the pain is moderated; then give for physic one table-spoonful of castor oil, one table-spoonful of honey, one tea-spoonful of spirits of turpentine; stir them together—it is a portion for an adult or grown person. The small of the back, or where the pain is seated, should be bathed with hot drops with the addition of fifteen or twenty drops of spirits of turpentine; then a plaster should be applied to the small of the back. [See American Remedies and Syrups and Bitters.] Every attention should be paid to diet.

#### INFLAMMATION OF THE BLADDER.

Fever, acute pain in the region of the lower belly; soreness and pain increased by pressure; painful discharge of urine, frequent inclination to stool; vomiting.

*Treatment.*—Same as in inflammation of the kidneys. In both cases may be used, after the fever is subsided, winter green, sassafras, wormwood and peach-tree gum. [See Spice Bitters and Syrups.]

#### RHEUMATISM.

Chills, followed by heat and fever, with hard, full, and quick pulse, obstinate costiveness. After one, two, or three days, tumor and pain, with inflammation, attack one or more of the large joints, and they become extremely tender to the touch; tongue white, urine high colored; sometimes profuse sweating, without relief. In rheumatism the pain shoots along the courses of the muscles, and often changes its seat.

Rheumatism often runs into a chronic state, i. e. the fever abates, and the pain or soreness continues.

Sometimes chronic rheumatism is not preceded by the acute.

*Causes.*—Obstructed perspiration, damp rooms, damp linen, exposure to cold after exercise.

*Treatment.*—A mild attack of the complaint may often be cured by rubbing the part affected two or three times a day with the rheumatic liniment. [See Liniment and Composition.]

In case of chronic rheumatism, it will be necessary to administer a course of medicine, giving for physic the same as directed for the inflammation of the kidney—or, take of the leaves of fiana ; it is also called pyrola, winter green, and the same quantity of fur bark there is of fiana ; put them together and make a strong tea of them when going to bed ; take one glass and a half of good brandy ; then take of the tea until the sweat starts freely ; then continue the sweat in a moderate manner from twelve to fifteen hours, or till the cause is removed ; then wash all over in warm rum, and dress in clean woollen clothes, and be careful and not take cold. It often proves a sure cure. [See Rheumatic Liniment.]

#### NETTLE RASH.

An eruption of the skin, resembling that produced by the stinging of nettles, hence its name ; suddenly appearing and vanishing, or changing its seat. The part affected is frequently considerably swelled ; in the eruption appear little white lumps resembling bites, or stings of insects ; sometimes long wheals, like the strokes of a whip-lash. These lumps or wheals do not contain any fluid, and itch intolerably. All the symptoms increase at night. The parts which have been affected with this disease, peel off branny scales on recovery.

*Treatment.*—Laxatives, cream of tartar, senna, and ginger; composition tea to produce a perspiration. If it strike in and occasion nausea and distress, teas of peppermint, saffron with spirit. In case of drowsiness, or nausea, an emetic should be given to cleanse the stomach. Cool, vegetable diet. [See American Remedies.]

## THRUSH, OR CANKER.

The mouth becomes redder than usual; tongue swelled and rough; white specks or spots invade the palate, almonds of the ear, and inside of the cheeks, gums and jaws. The disease sometimes spreads to the stomach and bowels; they frequently disappear in a day or two and a new crop succeeds. But this is more favorable than to have the first crop continue. While the spots remain white or yellow, and the parts between of a florid red and moist, there is no danger; but if there is hickup, oppression, pain in the stomach, and sense of suffocation, and the spots turn brown or black, with great prostration of strength, it is nearly allied to malignant quinsey, and to be treated as such.

*Treatment.*—Give thoroughwort tea, until the stomach and bowels get warm, or the patient vomits. If it does not cause the patient to vomit, give an emetic to cleanse the stomach. To one pint of new rum, add three ounces of sulphur; shake it well together till it is fit for use—take one table-spoonful at a time three or four times a day. It never has failed to effect a cure. [See American Remedies.]

## COLDS.

A common cold is caused by suppressed perspiration, and is cured as soon as an equable perspiration is again restored. Abating from animal food, drinking freely of cold water when going to bed, or tepid herb drinks, as thoroughwort tea, hoarhound, motherwort, flax-seed tea, if the symptoms run high. [See Influenza and Cough Syrup.]

## INFLUENZA.

An epidemic cold; whole countries are sometimes affected with it. It has been thought contagious, but its progress is too quick, and its effects too general. Contagion is slow. It seems to depend on a peculiar state of the air, and sweeps whole nations at a blast.

*Symptoms.*—Fever, weight and pain in the head, oppression of the chest and difficulty of breathing;

sense of fulness and stopping of the nose; watery inflamed eyes; chills and flushes; soreness of the jaws and wind-pipe; cough, pain in the chest, shooting pains in the head and back; running of a scalding fluid from the nose.

*Treatment.*—Soak the feet in juniper water, give stimulating teas; take some of the juniper water, put the same into some convenient vessel, throw a coverlid over the patient's head; bring the vessel under the coverlid, quench a stone in the water, so as to raise a steam. Steam the head and breast well for twenty or twenty-five minutes; then wash the head and breast and feet in vinegar or spirits. Give a portion of physic composed of one table-spoonful of castor oil, one of honey, two thirds of a table-spoonful of spirits of turpentine—mix them all together for one portion—this is a portion for an adult or grown person. Put the patient to bed, put a heated stone to the feet; keep the patient in a gentle perspiration, until the pain is all removed; then wash all over with spirit or vinegar; dress in clean woollen clothes. Great care must be taken to prevent taking cold, in case a cough should attend. [See Syrups and Tonic.]

#### CONSUMPTION.

*Symptoms.*—Regular consumption usually begins with a short, dry cough, so slight as to become habitual before it excites the attention of the patient. The breathing is more easily hurried by bodily motion; the patient becomes languid and indolent, and gradually loses his strength. The pulse is small, soft and quicker than usual. At length, from some fresh exciting cause, the cough becomes more considerable, and is peculiarly troublesome during the night; the breathing more anxious; sense of straitness and oppression of the chest is experienced, and arising from the lungs of a frothy mucus, and is most considerable in the morning; afterwards becoming more copious, viscid and opaque. The breathing becomes more and more difficult; the emaciation and weakness go on increasing; pain arises in some part

of the chest—at first, generally under the breast-bone; but as the disease advances, it is felt in one or both sides, is increased by coughing, and is sometimes so acute as to prevent the patient from lying down on the affected side. The face now begins to flush, the pulse becomes quick and hard, the urine is high colored, and deposits a branny sediment; the palms of the hands and soles of the feet are affected with burning heat; the tongue from being white is preternaturally clean and red; the matter raised is now like that from a boil, dull white, or turned of yellow and green; all the symptoms are increased towards evening, and the fever assumes the hectic form. Hectic fever has two exacerbations in a day; the first about noon and inconsiderable, and is soon followed by a remission; the other in the evening which gradually increases till after midnight. Each exacerbation is commonly preceded by chills, and is terminated by a profuse perspiration, and the urine deposits a sediment. The appetite often now amends; the white of the eyes assume a clear, pearly color. During the rise of fever a red spot appears on each cheek. At other times the face is pale and dejected; food is vomited up; a diarrhoea comes on, and generally alternates with drenching sweats; the emaciation is extreme, the countenance sunk, the cheeks prominent, the eyes hollow and languid; the hair falls off and the nails are hooked; the feet and legs swell; thrush in the throat. Still, the appetite remains entire, and the patient flatters himself with hope of speedy recovery, and is often vainly forming distant projects of amusement, when death puts a period to his existence.

*Cause.*—Hereditary predisposition, marked by long neck, prominent shoulders, narrow chest, slender fingers, scrofulous constitution—known by fine, clear skin, fair hair, delicate rosy complexion, large veins, thick upper lip, weak voice, and great sensibility. Caused also by some diseases; a bleeding at the lungs, pleurisy, catarrh, asthma, king's evil, venereal disease, small pox and measles. The dust of certain

trades, as of stone-cutters, millers, &c., fumes of burning poisonous metals; intemperance, profuse evacuations, natural or artificial; depressing passions, damps, colds, &c.

*Treatment.*—In this complaint, if the system is cold or inactive, it will be necessary to give stimulating teas, composition and the spiced bitters, a day or two—then give a gentle sweat in bed, for the space of two or three hours, as the case may require. The patient then should take an emetic, then rub all over the body with cold vinegar, using a piece of coarse woollen cloth; then dress in clean woollen clothes. Great care must be taken to prevent taking cold. After the patient has been rubbed out, give one tea-spoonful of the physical drops in half a glass of the cough syrup named below. The warming and invigorating medicines should be employed according to the circumstances of the case.

Syrup must be used, composed of the following herbs and roots. Hoarhound, one handful; half that quantity of thoroughwort; dandelion roots and tops, one handful; sage, one handful; life of man, one handful; St. Johnswort, one handful; juniper berries, one gill; pulverize the bark and berries before you steep; put them all into an earthen pot, add two quarts of water, boil down to one quart; strain off through a coarse woollen cloth; then add one and a half ounces of gum Arabic, two pounds of sugar; steep fifteen minutes; let it stand until it is cold; then put the syrup in glass bottles till it is fit for use. The manner of use is as follows, viz. Take of the syrup three times a day, morning, noon and night, one hour before eating. If the cough should be hard it may be used oftener. You will commence with one glass of the syrup; add to it one tea-spoonful of the physical drops. It will not be necessary to add the physical drops oftener than every three or four days unless the patient is costive. The diarrhoea may be relieved by composition teas, and the cholera syrup. [See Syrups.] A tea-spoonful of the hot

drops will be found beneficial by adding it to the composition or the syrup.

The meals should be taken at regular hours, and nothing eaten in the intervals. The diet should be light and nourishing; fat meat, butter, and all oily or greasy substances should be avoided, as they tend to produce a morbid state of the stomach. Tea and coffee should be excluded also. Moderate exercise, either by swinging, riding on horseback, or by sailing; carefully guarding against cold, by wearing flannel next the skin—a sea voyage, but not the sea shore. The air at sea is favorable to consumptive patients; but the changes on the shore, in consequence of the sea and land breezes, are unfavorable, so that inland situation, or to be fairly out of sight of land, should be the object of a hectic patient. [See American Remedies.]

#### DYSENTERY.

This disease sometimes comes on with cold shiverings and fever; at others, the complaints of the bowels first show themselves. Costiveness, flatulence of the bowels, severe gripings, frequent inclination to stool, with small fetid evacuations of slime and blood; or a fluid resembling beef brine; loss of appetite, nausea and vomiting; quick and weak pulse, sense of burning heat and intolerable bearing down of the parts; febrile heat and dry skin, hickup, livid spots on the breast, and not unfrequently fatal termination.

*Favorable symptoms.*—Moist skin, stools becoming easy and natural, sediment in the urine, strength not much diminished.

*Treatment.*—Take this disease on its first attack. If the attack should be mild, nothing more is necessary to be given than the composition tea, and the leaves of the thornbush made into a tea. If the disease assumes a chronic form, take two thirds of a wine glass full of vinegar, add to it two thirds of a tablespoonful of salt, stir the same five or six minutes; strain off; take the same at one draft; in about fifteen minutes take half a glass of flaxseed; tea sometimes

one portion will be sufficient to effect a cure. If the first portion should not effect a cure, you should repeat it every eight or ten hours, until it effect a cure. If the disorder should be checked before the bowels are healed, and the patient should experience pain in the bowels, make a tea of poppy leaves, or flowers, and thoroughwort; take of thoroughwort half a handful; poppy leaves, or flowers, half that quantity, add half a pint of boiling water, steep ten minutes; give two or three table-spoonfuls at a time until the pain is removed. I have administered the above medicine in a great number of cases, and I have not known it to fail in one single case. I administered the medicine to Doctor Taft, of Portsmouth, N. H.; he recovered from the complaint in forty-eight hours; in one week enjoyed good health. He had been under the medical treatment for a considerable length of time, previous to taking my medicine. I would likewise recommend new churned butter, without salt, just skimming off the curdy part; when melted over a clear fire, give two spoonfuls of the clarified two or three times a day to the person, and this has never failed to make almost an instant cure. In dysentery and bloody flux, if it is found necessary, and the disorder is not checked, give an injection. [See Injection and American Remedies, Fleabane, or Colt's Tail.] The patient, while in bed, should be kept in a gentle perspiration, and for this purpose a heated stone wrapped in a damp cloth may be placed at the feet. The diet should be light and nourishing, and easy of digestion. [See Dict.]

#### PILES.

Piles are most common to persons in middle period of life, and rarely occur in youth; pregnant women are very liable to them, and also persons of weak and relaxed habits of body. Caused by a sedentary life, the frequent use of strong coffee, lifting or carrying heavy burthens, and by long continued costiveness.

*Treatment.*—Take three pounds of oil-nut bark, add to it eight quarts of spring water, and reduce it,

by boiling, to one pint and a half; strain off; then add to it one and a half pints of brandy, one half pound of loaf sugar, two ounces cream of tartar, one ounce of annisseed, and two ounces of manna. The manner of use is as follows, viz. Take a wine glass full every morning, which generally proves a sure remedy. This I know by my own experience.

#### BLEEDING FROM THE NOSE.

*Treatment.*—Erect position of the body, with the head falling a little backward; free exposure to cold air; cold water applied to the head, back of the neck, or genitals; lint dipped in alum water. If there is fever with strong pulse, headache, &c., give physic, and sweating medicine. [See American Remedies.]

#### BLEEDING FROM THE STOMACH.

In this disease the blood is puked up, of a dark color. A free use of cooling purgative medicines, followed by composition tea. [See American Remedies, Shepherd's Purse, Black Birch, Raspberry.]

#### PALSY.

Palsy is characterized by a loss of motion and sensibility, and usually attacks one entire side of the body; but is sometimes confined to a particular part, as a hand, an arm, or a leg; particular nerves are occasionally palsied, so that the patient is deprived of one or more of the senses. When the lower part of the body is the seat of the disease, the patient is apt to lose the control of the bladder and rectum.

*Causes.*—Anything which impairs the nervous powers, whether it acts on the brain or injures the nerves in their course.

*Treatment.*—In debilitated constitutions, and in old age, with the head little affected, powerful stimulants will be proper to be given. [See Rosemary.] From the following treatment, I have had great success. If the patient is in bed, warm stimulating teas should be given, a heated stone wrapped in a damp cloth should be placed at the feet, so as to bring on a perspiration; the affected part should be rubbed con-

tinually with hot mustard tea, using a piece of woollen cloth; this should be continued until there is a warm glow on the surface of the whole body. After the patient begins to experience a warmth of the body, administer a portion of senna and ginger; the whole body should be rubbed often with a coarse woollen cloth. Flannels wet with the hot drops, and warmed by the fire, should be applied to the small of the back, and all the means kept up until the sensibility is restored. Exercise, and light and nutritious diet.

#### BURNS AND SCALDS.

Instantly plunge the part in cold water. If the part is not blistered, wrap in cotton bats, or wash in alum whey or vinegar; taking, at the same time, stimulating tea. Fir balsam and sweet oil have been found very beneficial; also lime water, sweet oil, or linseed oil. The best application that I have ever found, is white lead and linseed oil, made into a thin salve; apply once a day, which generally effects a speedy and effectual cure, without leaving any mark. Also, fresh grease, such as lard or fresh butter, with one third soot, will almost instantly remove the fire.

#### CHILBLAINS.

Chilblains are red tumors commonly about the heels, occasioned by suddenly exposing a cold part to the fire; or a heated part to intense cold. They are accompanied with intolerable heat, itching, pain, and soreness; after a while they burst and form ulcers, slow to heal, sometimes turn black and mortify.

*Treatment.*—When chilblains first appear, they should be bathed with a liniment, composed of sweet oil, one table-spoonful; fir balsam, one tea-spoonful; of brandy, or spirits, half a glass; spirits of camphor, one table-spoonful; mix and bathe the place affected. By so doing many have found relief.

#### CANCER.

Puckering of the skin, lead color, feeling knotted and uneven, darting pains; the skin adhering to the parts beneath distinguish a cancer before ulceration.

Before the tumor has arrived to a very large size, it commonly ulcerates, throwing out some sloughs and a mixture of matter, leaving a large chasm, the bottom of which is uneven and ragged; the edges thick, hard, gaged, and painful. The ulcer sometimes spreads rapidly, with alarming bleedings and great debility. At other times the ulcer seems to be healing for a while, but the new flesh shoots out fungus and bleeding lumps, which cannot be controlled. At length other parts are affected; cough and difficulty of breathing come on, and death.

*Treatment.*—When a cancer has proceeded to ulceration, a canker plaster should be applied, and the sore washed every night and morning with soapsuds, followed by a wash of bayberry tea, to render it perfectly clean, before you apply the plaster again. Take strong potash, made of the ashes of red oak bark, boiled down to the consistence of molasses, to cover the cancer with; and in about an hour afterwards cover it with a plaster of tar, which must be removed after a few days; and if any protuberances remain in the wound, apply more potash to them, and the plaster again, until they shall disappear. After which heal the wound with a salve. This treatment has effected a speedy and perfect cure when the knife had been previously used in vain.

*Another.*—Take of wood sorrel, any desirable quantity, pound it in a mortar, and press out the juice; dry this in the sun until it is of the consistence of thick honey. This is to be spread on a piece of linen, or soft leather, and applied to the canker, removing it occasionally if it is painful. When the cancerous tumor is extracted, other applications may be applied, such as poultices, or healing salve, until the canker is healed.

#### MORTIFICATION.

*Symptoms.*—If it supervene on inflammation, an excessive, acute and constant pain, great anxiety, often delirium, followed by a sudden cessation of all inflammatory symptoms. The part before tense now

becomes flaccid, of a livid color, losing its heat and sensibility. Blisters are formed, under which appear brown spots; the parts soon become black, and acquire a fetid smell. If the event prove favorable, the mortified portion is completely surrounded by a white line, about which pus matter is formed. The dead part now loosens and sloughs out, leaving a suppurating ulcer. If, on the contrary, the termination be fatal, the mortification rapidly extends, great constitutional irritation arises; the pulse becomes small, rapid and irregular; there is a fixed flush on the countenance, with great anxiety and prostration of strength, and death soon ensues. Mortification is sometimes produced without previous inflammation, by blood vessels being choked by pressure; long continued cold; long continued pressure, violent bruises, &c.

*Treatment.*—Make free use of the composition tea, so as to warm and invigorate the whole system; after which use nervines, tonics, and injections. The patient should be kept in a gentle perspiration; for this purpose a heated stone should be placed at the feet, and never suffer the skin to grow cold. If any other unfavorable symptoms arise, an emetic should be given, followed by a portion of physic. The strength should be sustained by a light nourishing diet. A poultice made with yeast and oatmeal or bran; common bread and milk poultice, with powdered charcoal in it. A poultice made of life of man seldom fails to effect a cure. After the slough, or separation of the dead parts, treat it as an ulcer, or use the healing salve.

#### STRAINS, OR SPRAINS.

Strains are often attended with worse consequences than broken bones; the reason is obvious, they are generally neglected. When a broken bone is to be healed, the patient is compelled to keep quiet, because he cannot do otherwise. But when only a joint is strained, the person finding he can still make a shift to move it, is sorry to lose his time for so trifling an

aecdent; in this way he deceives himself, and converts into an incurable evil what might have been removed by keeping the part easy for a few days. External applications are to be applied to the parts, such as wormwood, vinegar, and salt. Bathe the part in the warm liquor, then apply the bath; and, when removed, the bathing with wormwood, &c., to be renewed. Also bathe with the rheumatic liniment. [See Rheumatic Liniment.] What we would recommend above all is rest. It is more to be depended upon than any medicine, and seldom fails to remove the complaint.

#### FEVER SORE.

Inflammation and ulceration of a bone.

It most generally makes its appearance in the leg. Take red lead, beeswax, and honey, of equal parts, mix them together, by warming them on hot ashes; stir them until they form into a salve. Great care must be had that you do not seoreh or burn it; if it should be too thick and hard, add more honey; if too soft, add more beeswax. Before you apply the plaster, lay a piece of gauze on the sore; then apply the plaster; and renew once a day until the eure is made. It seldom fails of producing a cure.

#### NERVOUS AFFECTIONS.

Loss of appetite, distention of the stomach, belchings, nausea, heart-burn; costiveness, or looseness; small slow pulse, quickened upon the least exertion; palpitation; tongue white and dry in the morning; limbs cold, sallow countenance, senses depraved or impaired; sadness; want of resolution, timidity as to future events; dread of impending evil; particular attention to the health; and, upon every unusual feeling, which the patient is sure to have, a fear of imminent danger, and even death itself; disturbed sleep and frightful dreams. In respect to all these feelings and apprehensions, the patient is most obstinate in his belief and persuasion.

*Treatment.*—Change every habit of life, and every

train of thought in the mind. Abandon the use of opium, and the immoderate use of ardent spirit and tobacco; give up tea, coffee, and chocolate; get up, and go to bed early; use moderate exercise in the open air; engage in new and interesting pursuits. It has been unfortunate for the medical profession, as well as patients themselves, that persons laboring under nervous disorders have expected too much from the prescription of the physician, and neglected what is only to be obtained from their own caution and circumspection. We thus find most of them ready and greedy to swallow every medicine that is recommended: but stubborn and untractable in all that relates to breaking in upon established habits and customs, whether of luxurious living, depraved appetites, indolence of body or mind, or indulgence of any kind inconsistent with health. Many of these habits, it is true, are so far interwoven with the constitution, as to make some changes almost impracticable; but as indisposition is so frequently brought on, or aggravated by the patients themselves, the physician cannot be too much on his guard, in demonstrating to them all that belongs to their own government and demeanor. The adviser, therefore, who observes the most disinterestedness towards his friends, will often be the first one to be dismissed; while the selfish dissembler, however ignorant, will become a favorite, and engross the emolument. On such an occasion, the virtuous mind of a liberal physician would know where to look for approbation. Nervous people are commonly endued with acute feelings, liable to act from the first impression and impulse, and easily deceived by the designing and interested; and should they fall into the hands of a gossip physician, or a wheedling apothecary, these personages become a kind of appendage to their establishment, if not fixtures in their houses. Being singular in the choice of their friends, they seldom mix in company; sedentary from habit, they go little abroad; their amusements and recreations are thus limited, and such as possess the talent of bringing news, and telling a

story, are at all times welcome guests. But as the tale of their own complaints engrosses so much of their conversation, a medical gossip, before all others, is the most acceptable. Nevertheless, let the nervous and valetudinary beware how they trust their health and purse in such hands. Exercise and recreation in the open air, even to labor and fatigue, and always till it produce a moist skin, if not a profuse sweat, is of great benefit. Riding on horseback, is universally acknowledged to be beneficial; a journey should be taken, and if possible with some business, or object in view.

*Medicine.*—Nervous patients should begin with soaking the feet, in smartweed liquor, as warm as the patient can bear; give stimulating teas, at the same time, until a perspiration is brought on; then give an emetic, to cleanse the stomach; then give a portion of physic, followed by a draft of wormwood tea. Bathe the patients' feet and legs with cold vinegar, or cold water; then rub them until they are perfectly dry, with a piece of woollen cloth; which should be continued until there is a glow and warmth over the whole. When the above is all performed, and the physic has had its operation, give of the nervine teas, motherwort, camomile, thoroughwort, (by some it is called boneset.) The infusion of boneset, in small and repeated doses, induces a free perspiration; and, on this account, has acquired considerable reputation in the treatment of ague and fever, and in almost all the complaints, to which poor human nature is liable. The tea is made by taking a small handful of the bows and leaves; add to it a half pint of boiling water, let it stand ten or fifteen minutes, strain off; give one or two table-spoonfuls at a time. Scullcap is one of the best nervines in use. The warm infusion may be drank freely through the day; a heaped tea-spoonful of the powdered leaves, with about as much sugar, steeped in a tea-cupful of boiling water, may be taken at a dose, and repeated as often as it is found necessary. The feet, hands and arms, should be rubbed upon going to bed, with a

coarse woollen cloth; again in the morning; finally the whole body should be rubbed, until there is a warmth and a glow of heat over the whole. After this is performed, it will be well to apply the shower bath. Commence in the morning when the patient first rises from bed, with one quart of water, that is drawn over night: the head, neck, and shoulders should be exposed until the water has been poured upon the head. Before the water is administered, the patient should drink a draft of composition tea, without the dregs, or some other warm tea; after the shower, the patient should be rubbed perfectly dry before dressing. Every other day, if the weather be fair, use the shower bath, and every time increase the quantity of water; soon the patient will bear the full dash of a pailful; he then may plunge and swim, and exercise in the cold bath; it will increase the strength, and have a beneficial effect. The momentary application of the water does not occasion a chill, but quickens the circulation, and causes the blood to flow in an increased quantity into the vessels of the skin, giving it warmth, fulness, and a bright glowing color. If the patient is of a cold habit, the chill should be taken off the water. In all cases after the shower, the patient should be rubbed briskly from head to foot, a few minutes, with a coarse cloth; when he is perfectly dry he may dress.

#### ST. VITUS' DANCE.

*Symptoms.*—Convulsive motions of the side of the body. A kind of lameness in one of the legs, which the person draws after him in an odd and ridiculous manner; nor can he hold the arm of the affected side one moment still. If he is desirous of drinking, he uses many gesticulations before he can carry the cup to his mouth, when he pours the liquor down his throat with great haste, as if to divert the by-standers. The eye loses its lustre and intelligence, and the countenance is pale and vacant; the flesh wastes, and the appetite and digestion are impaired.

*Treatment.*—If the complaint has been of long

standing, a course of medicine should be given; or put the patient in bed, place a heated stone at the feet, give stimulating teas to bring on a perspiration; continue the sweat gently for the space of an hour or more; then administer one glass of thoroughwort tea, then wash the patient with cold vinegar or spirit, and rub dry; dress in clean dry woollen clothes—and a change of bed-clothes.

If the patient's stomach is foul, an emetic should be given to cleanse the same; then give the thoroughwort tea two or three times. If the bowels prove costive, a portion of senna may be given to clear them; after which, give a tea made of scullcap; repeat, or take of the scullcap tea, morning, noon and night, and one hour before eating, and again in the evening—continue this for two days or more. Then make a syrup composed of the following:—One handful of thoroughwort, one ounce of scullcap, life of man two ounces; queen of the meadow, two ounces; sun-dew, one handful; winter-green or pyrola, one ounce; pulverize, then steep in two quarts of water, till reduced to one quart; strain off through a woollen cloth; then add one and a half pounds of sugar, steep fifteen minutes; strain off when cold; put the syrup in bottles till it is fit for use. Take one glass of the syrup three times a day, awhile before eating. In the intervals the scullcap tea should be taken. If at any time the patient should be costive, he will add to the syrup one teaspoonful of the physical drops, which will move the bowels in a gentle manner. [See Physical Drops and American Remedies.]

#### ASTHMA.

*Symptoms.*—Paroxysms, generally coming on in the night, in which there is frequent and extremely anxious breathing, with wheezing noise and tightness across the chest; propensity to cough, with sense of immediate suffocation, starting up from an horizontal position, as if to get air; the face turgid, or livid, or pale and shrunk. Towards morning, the

patient is relieved by raising freely from the lungs, and falls asleep. The tightness of the chest remains for some days, with a return of the distress at night.

*Treatment.*—No remedy affords such immediate relief in asthma, as the following:—Take one table-spoonful of castor oil, one of honey, two thirds of a spoonful of spirits of turpentine; mix them together, and administer the same at one dose. Patients laboring under the most violent paroxysms, will breathe freely in a few minutes. The above portion is for an adult. Take also one gill of juniper berries, put them into one pint of Holland gin; after the berries are pulverized, let it steep awhile and it will be fit for use. By taking one table-spoonful twice a day,—and in the intervals the patient should take ten or twelve drops of spirits of turpentine, dropped on a little sugar or in honey,—it will allay the cough, expand the lungs, open all the obstructions of the wind-pipes, and settle the vitals in their proper place, causing free circulation of air through the wind-pipes; finally, it will open all the obstructions of the stomach, liver, spleen, and kidney; and bring on a healthy motion to the whole body or system. The patient should eat eight or ten juniper berries every morning, fasting. He should also dress warmly, exercise in the open air, when the weather is clear, and pay particular attention to his diet. [See Diet and American Remedies.]

Lobelia inflata has of late come into great repute for the cure of asthma. A tea-spoonful of the infusion, or tincture, repeated till it pukes, or sweats, may be given.

#### WHOOPING COUGH.

Convulsive, strangulating cough, with whooping, relieved by vomiting. Contagious.

*Treatment.*—Emetics given frequently will moderate the symptoms. Keep the bowels open with mild laxatives. [See American Remedies.]

## COLIC.

Pain in the belly, and twisting round the navel ; vomiting ; costiveness.

*Treatment.*—A tea made of thoroughwort and poppy-leaves or blows should be given as soon as you feel the pain coming on. In most cases it will effect a cure, by repeating it several times. If it should not check the disorder, no time should be lost; put the patient to bed, and place a heated stone at the feet, wrapped in a cloth damped with vinegar ; give a large portion of castor oil ; then give freely of a tea of summer-savory, or penuyroyal, or tansy. Continue until the patient sweats freely ; bathe the bowels often with the hot drops. Immediately give an injection composed of a tea made of thoroughwort, castor oil and a table-spoonful of ginger, free from the sediments ; the tea should be administered blood warm. The injection should be repeated often, if the case requires it. A flannel bag filled with salt, and heated in a pan, and put upon the bowels, will ease the pain in a short time.

Persons who are subject to the bilious colic, or painters' colic, should always keep on hand thoroughwort, poppy-leaves or blows, ready for use. Take one pint of pure Holland gin, and a piece of aloes as large as a walnut ; pulverize, and add it to the gin, with two spoonfuls, or a handful of juniper berries pounded fine ; let them stand awhile and it is fit for use. By taking one or two table-spoonfuls, when you first begin to feel the pain, it will be prevented. It should be kept on hand so that you may have it ready when needed.

## COSTIVENESS.

In this disease, the excrementitious contents of the bowels are retained an inordinate length of time. This may happen in firm, rigid constitutions, in which case the matter accumulates in large hard dry masses, with little or no pain ; or in slender weakly habits, tended with irritation, when the matter discharged is small, hard, in button-like divisions, scarcely affording relief. Those who would avoid this troublesome complaint, should observe regularity

in going to stool, and this particularly after the fullest meal of the day.

There is one thing further to be said, which may be of consequence to those who have not studied the animal economy, viz. There is a disposition in all the hollow muscles, (like the stomach, bowels, bladder, &c.) to assume regular periodical movements, and defying compulsion during the interval. Witness the process of parturition, and even tartar emetic will not make the stomach vomit, but at periods of from ten to twenty minutes, and the interval is left to repose; so the bowels will move with very little assistance from the voluntary muscles, provided time is given them, and a proper attention is paid to the daily intuitions of nature.

Ill-timed straining at stool, does mischief in more ways than one. It not only deranges the excretory functions generally; hinders the return of the blood from the lower parts through the veins, and thus causes piles; but it tends to open the joinings of the abdominal muscles, and so paves the way to rupture. Persons who are subject to costiveness, should subsist principally upon vegetable food, take their meals at regular hours, eat moderately, and dispense with tea and coffee. They should exercise in the open air.

*Treatment.*—By taking one glass of thoroughwort tea, morning, noon and night, just before eating, and so continue for a few days, will regulate the bowels, and cause the stool to be natural. The tea should be sweetened with molasses. [See Dyspeptical Syrup.] Instead of tea and coffee, drink balm tea, with your meals.

#### DIARRHŒA.

Copious and frequent discharges by stool; each motion is usually preceded by murmuring of the bowels and griping; sense of weight, wind and uneasiness in the lower belly, which ceases for a time after a discharge; frequently sickness and vomiting; pale sallow countenance; thirst, bitter taste in the mouth, yellowness of the tongue; dry rigid skin; if the disease continues, great emaciation.

*Treatment.*—In ordinary cases, a cure may be effected by the use of composition tea; add to it a little poplar bark and one spoonful of the hot drops; the usual dose is a half tea-cupful; repeat the dose every hour until the diarrhoea is checked.

The dysentery syrup is also an excellent remedy: Exposure to cold should be avoided, and the feet kept warm and dry. Attention should be paid to the diet. The diet should be light and nourishing, such as the unbolted wheat meal gruel, or wheat bread, flower of elm, mutton broth, chicken broth, &c. [See Dysentery Syrup.]

#### DROPSY.

A preternatural collection of a watery fluid in some of the cavities, or diffused over the whole body; the latter pitting on pressure of the finger. In this disease, the urine is high colored and scanty; costiveness, insatiable thirst; skin pale and sallow, unless it is inflamed, when it is red, smooth and shining; cough, slow fever.

*Treatment.*—In mild cases of dropsy, the following will be found very beneficial:—Juniper berries, bruised, two table-spoonfuls; one tea-spoonful of the powder of poplar bark; one handful of cleavers; add one quart of boiling water; steep, and sweeten to suit the taste. Add to the tea when taken, one tea-spoonful of Holland gin. The tea should be kept warm by the fire. The whole may be taken in the course of twenty-four hours. Injections should also be employed, or a portion of physic given, to evacuate the bowels. If the patient should not find relief from the above treatment, you must have resort to more powerful means. Put the patient in bed; put a heated stone at the feet, wrapped in a damp cloth; give juniper or pennyroyal tea, until the patient sweats, which, at first, must be very gentle; and if the patient will bear it, raise the heat to a profuse sweat. Before raising the sweat to a high profusion give an emetic; after the operation of the emetic give physic, or an injection, so as to evacuate the bowels. The patient should remain in the sweat, for the space

of two hours, if it can be borne with any degree of ease. If the patient should experience languor or faintness in the bath or sweat, dash half a tumbler of cold water over him. He must then be washed out of the bath with pepper-sauce and vinegar, and the skin should be rubbed dry. [See American Remedies.] Continue the use of the tea and the sweats as often as every other day. The food should be light and nourishing.

#### INSANITY.

Erroneous judgment from imaginary perceptions, attended with agreeable emotions; or a perception of false relations—exciting the passions, and producing unreasonable actions or motions, with terrors of mind in pursuing a train of thoughts; and in running from one train of thought to another; attended with incoherent and absurd speech, called raving; violent impatience of either contradiction or restraint; without fever. Maniacs have frequently lucid intervals, hence they are called lunatics.

*Treatment.*—Much depends on gaining the confidence of the patient by gentle treatment; or more frequently by inspiring awe and dread; of correction tempered with mildness and humanity; diverting the attention; frequent change of scene; spare diet.

The patient should commence by taking two or three doses of thoronghwort tea; then commence with wormwood tea, and continue drinking it three times a day for two days, morning, noon and night, one hour before eating; then commence with the shower-bath, which must be continued every morning when the weather is fair—likewise the wormwood tea, until sense and reason returns. After the shower the patient should be rubbed dry with a woollen cloth, and dressed in dry woollen clothes.

#### JAUNDICE.

Languor, inactivity, loss of appetite, yellow color of the skin, especially of the eyes; bitter taste in the mouth; yellow tinge communicated to the linen by the urine; white or clay colored stools; dryness of

the skin; and if long protracted, ulcers, bleedings, and all the symptoms of the scurvy.

Jaundice is caused by whatever interferes with the flow of bile from the liver into the intestines. Hence it may be produced by disease of the liver, by inflammation of the biliary ducts, or by the presence of gall-stones in these passages; or the bile may become too thick to be discharged through its natural channels. Inflammation of the inner coat of the duodenum, also, by obstructing the mouth or orifice of the biliary duct, may give rise to the malady.

*Treatment.*—Drink freely of the composition tea to warm and invigorate the system; then a portion of physic should be given to clear the bowels, followed by the jaundice bitters composed as follows:—Take one gallon of cider, add to it a quarter of a pound of the powdered bark of barberry; half pound of wild cherry tree bark; half a pound of bayberry bark; pulverize before you add them to the cider; the bark should be dried before they are pulverized. Let them steep in a closely covered vessel by the fire for several days, when the liquid will be fit for use. Half a teacupful of the liquor, with sugar or molasses to suit the taste, may be taken three or four times a day. It should be given morning, noon and night, one hour before meals. [See American Remedies.]

#### ITCH.

The itch is a contagious eruption of small pustules, with a hard hot base, and watery looking top. Too well known to need a minute description.

*Treatment.*—The best application is an ointment of brimstone and tar. Other remedies have been used, such as a strong decoction of juniper berries, or of hellebore, or solution of ten grains of corrosive sublimate of mercury, in a pint of rose-leaf tea; these are to be applied as a wash to the part three times a day. An ointment of hellebore, or of twenty grains of corrosive sublimate, ground into two ounces of lard have also been used. Great attention to cleanliness, and frequent washings in soap and water, are necessary

during the cure. Also frequent change of linen throughout. [See American Remedies.]

#### WORMS.

Unwholesome food, with bad digestion, seem to be the principal cause of worms. They appear most frequently in those of a relaxed habit, and whose bowels contain a great quantity of mucus or slimy matter. Children are most subject to suffer from worms, but adults are affected sometimes to a high degree.

*Symptoms.*—Variable appetite, fetid breath, sour belching, pain in the stomach, grinding of the teeth, picking of the nose, swelled hard bowels, griping pains of the bowels, paleness, emaciation, slow fever, convulsive fits.

*Treatment.*—Castor oil and spirits of turpentine, as follows:—Castor oil, one table spoonful; spirits of turpentine, two tea-spoonfuls; this portion is for an adult. The best form of the medicine for children is to drop from ten to twelve or fifteen drops of the spirits on a little sugar. This form answers a very good purpose according to their age.

#### SUSPENDED ANIMATION.

It is certain that life, when to all appearance lost, may often, by due care, be restored. Accidents frequently prove fatal, merely because proper means are not used to counteract their effects. In consequence of drowning, suffocation, and strangulation, a check is given to the principle of life without wholly extinguishing it. In drowning, the circulation of blood becomes slow and feeble, air is discharged from the lungs and water drawn in; a struggling comes on, succeeded by convulsions; the breast ceases to rise, and the breath stops; soon the skin, especially about the face and neck, becomes of a purple or blue color, and the body sinks. When a person dies from suffocation, the symptoms are nearly the same as in apoplexy. In strangulation, convulsions are joined to apoplectic symptoms. Livid dark spots on the face, stiffness and coldness of the body, a glassy ap-

pearance of the eyes, and a flaccid state of the skin, denote a perfect extinction of life. Actual putrefaction, however, is the only certain sign of death. The noble machine may be stopped, yet the spring retain its elastic vigor. The following are the means to be employed for the recovery of persons recently drowned:—As soon as the body is taken out of the water, it is to be conveyed with as little tossing and agitation as possible to the nearest house, where it is quickly to be stripped of the wet clothes, and wiped perfectly dry; then to be laid between warm blankets, and on the right side; the head to be covered with a warm woollen cap, and bags filled with warm sand, or bricks heated and wrapped in flannel are to be applied to the feet and sides. The doors and windows are to be thrown open in order that the pure air may be freely admitted, and no persons but such as are necessary in the operation, should be allowed to enter. We should, in the next place, endeavor to expand the lungs, and, if possible, make them resume their office. This may be done by inserting the tube of a bellows in one nostril, and stopping the other, as also the mouth, and gently forcing the air into the lungs till the chest is raised; then with the hand depressing the breast, and thus imitating natural breathing. A strong person, with a tube in the nostril, or by putting his mouth in contact with that of the sufferer, may raise the lungs. The lungs being inflated, rub every part of the body with salt and with flannel cloths, carefully avoiding the access of cold, and gradually increasing the warmth as symptoms of life seem to return. Should the friction with flannel fail, apply flannels wrung out of very hot water to the region of the heart, and sides of the chest—or put the patient into a warm bath. Apply hartshorn to the nose, and with it wipe the temples. Stimulating clysters to the intestines, but not of tobacco. As soon as the person can swallow, a cordial may be given. By perseverance in such means, persons have been restored, long after all signs of life had become extinct. Their use should not be given up,

till four or five hours have elapsed. In all cases of suspended animation, on the smallest appearance of respiration, or restoration to life, wine cordials, or a little brandy and water should be conveyed into the stomach, in small quantities at a time, and frequently repeated. When the patient comes perfectly to himself, he should be allowed every benefit from repose..

#### CHOKING.

As soon as any person is observed to be choked, and more particularly children, the obstructing body should be felt for with a finger at the top of the throat. It is possible, many times, to remove it directly; but should we fail in this, the puking excited by the finger frequently removes the offending body. Food and foreign substances are sometimes lodged in the top of the wind-pipe and produce immediate suffocation; help in this case must be afforded at the moment by introducing the finger. Unless the offending body can be seen, any apparatus is unsafe except in the hands of an experienced surgeon. Presence of mind will, however, enable a person to do much in all cases of casualty, and particularly in this; and the directions above are sufficient. The finger, and the vomiting which it is sure to produce, will do much more at the instant than is commonly thought.

#### FALLS.

The concussion or shock of a sudden fall from an eminence is such, as to leave the sufferer breathless; and here there is often apparent death, though no destruction of parts has taken place. In this case the person should be turned to an easy posture of body and the air freely admitted, or waved into his face. Should the breath not return, the lungs should be filled as in cases of drowning; a cordial should also be given; in falls from fainting, the head should not be raised, nor persons crowd around. A little water sprinkled in the face is commonly sufficient; hartshorn, lavender, ether, &c. may be administered..

## FEMALE COMPLAINTS—MONTHLY PERIOD.

The age at which the monthly evacuation commences varies not only in different climates, but also in different individuals, in the same place. It usually appears about the fourteenth year, and continues for a period of thirty years. In some instances this change takes place without any previous indisposition or uneasy feelings; but frequently it is preceded by various affections of the stomach and bowels, with pain in the back, and the health seems to decline; and not unfrequently a train of nervous or hysterical symptoms occur.

## ITS FIRST APPEARANCE PROTRACTED.

With regard to the management of the constitutions of young women, about the time when this evacuation commences, I would observe, that that which insures general health, prepares the way for the happy establishment of this important change in the female constitution. If the health decline, with a disordered state of the stomach and bowels, the surface of the body should be kept warm by wearing a flannel shirt and drawers; the use of the warm bath every second night; moderate but regular exercise; food easy of digestion; keeping the bowels regular by laxative medicines, &c. It will be useful to employ tonic remedies, if there appear symptoms which indicate an approaching consumption; it will also be necessary to have early recourse to a practitioner. If the system seems to be simply lax and debilitated, the general remedies for strengthening are the best. Riding in a wagon, or on horseback, should be practised. Sometimes girls, robust, florid, and healthy, suffer from a protracted appearance of the periodical evacuation, and complain of uneasiness, headache and flushes; such should observe a spare, vegetable diet; keep the bowels loose, and avoid violent exercise, particularly in crowded rooms.

The most effectual remedy is to soak the feet in warm water, adding a little salt to the water, and take hot stimulating teas made of pennyroyal or

summer-savory, or southern wood, or partridge bush. Injections into the rectum, will accomplish much in procuring a flow of the menses, as they exercise a salutary influence over the uterine organs. The patient should keep her feet warm and dry, and avoid exposure to cold or damp atmosphere. When the weather is mild, exercise in the open air will be beneficial. The food should be light and nourishing. [See American Remedies.]

#### SUPPRESSION.

In temporary and accidental suppression, or stoppage from cold, soak the feet; or adopt the common practice of setting in, and over decoctions of herbs, and drink freely of catnip or motherwort teas on going to bed. [See American Remedies.]

#### DEFICIENCY.

A deficiency and painful turn is, with some women, very distressing. In such cases they should carefully avoid the cold and every thing which tends to disturb the general health. They should keep in the house, drink freely of warm teas, especially on going to bed; should also keep a moist skin, and use the warm bath.

#### PROFUSE DISCHARGE.

A more frequent and more serious complaint is a profuse flowing at the period, or an appearance at too short intervals. Such women should confine themselves to a horizontal posture on a hard bed or mattress, and take cold drinks. Astringents are to be preferred, such as rose-leaf tea, oak bark, and the like. [See American Remedies.] Composition, or spice tea, will be found very beneficial.

#### WHITES, OR SEXUAL WEAKNESS.

This is a disease in which women have a thin white glairy discharge; in its mildest form resembling thin starch, and if attended with no pain is easily cured by removing the irritating cause. When, however, the discharge is of a yellow, brown or green

color, and acrid or fetid, it then is certainly a constitutional disease, and should receive immediate attention.

If the disease be of long standing, and the health is much impaired, and the strength much reduced, the stomach should be cleansed by a vomit; then should follow cordials and bracing medicines, such as the spice bitters and syrup. Thus we should endeavor to effect a cure by remedies which tend to re-establish health. But local remedies should not be long omitted, such as injections of tea or oak bark, but more particularly a solution of half an ounce of alum in a quart bottle of soft water; these should be frequently thrown up in the passage by means of a proper syringe. [See American Remedies.]

#### DISEASES OF INFANTS.

It is frequently said little can be done for infants laboring under disease, because they can give no history or statement of their feelings and symptoms. Their diseases are simple and uniform; and to an experienced examiner, sufficiently apparent. Their signs of suffering cannot be mistaken, or pass unheeded, by any one of sagacity or feeling. Their language is that of nature; they never cheat us; they have no imagination of their own.

As soon as convenient after a child is born, it should be put to its mother's breast.. If circumstances forbid this, let it be fed with a little clear molasses and water; the best substitute for the first of its mother's milk, which is laxative. Its dress should in no way make it uncomfortable. It should be suffered to sleep much of the first months, and when awake, carefully dandled for exercise. When the bowels do not move in time, after the molasses has been given, give a tea-spoonful of castor oil, and repeat it in three hours; should it be ineffectual, or vomited up, take a little senna and manna, boiled in a gill of water, and administer freely till the bowels move. The physic may be assisted by injections.

When convulsions are present, put the child into a

## NO. 3.—DYSENTERY SYRUP.

Take two ounces of fir bark; two ounces of black birch bark; two ounces of poplar bark; wormwood, one handful; all pounded fine; add three quarts of water; boil them for half an hour in a covered vessel; then strain through a coarse cloth; add three pounds of sugar to the liquid, and boil again until the scum has done rising; take the vessel from the fire, and add to it one ounce of cinnamon and one of cloves; stir them in; let them stand until they cool, and then add one pint of good brandy; stir it in; strain a second time and bottle. This syrup is an excellent remedy for the diarrhoea or dysentery. From a half to a whole wine-glassful may be taken at a time, repeating every two hours, until the cure is effected. It is also useful in pains and soreness of the stomach and bowels.

## NO. 4.—SYRUP FOR OLD CHRONIC COMPLAINTS.

Winter-green, one handful pulverized; poplar bark, two ounces, pounded fine; juniper berries, one gill, pounded fine; annisseed, one ounce, pounded fine; fir bark, two ounces, stripped up fine; scullcap, two ounces; life of man, two ounces; one handful of five finger leaves; one ounce of hoarhound; one handful of wormwood; blood-root, half an ounce, pulverized. Steep them all in six quarts of water; boil gently until it is reduced to three quarts; strain off; add four pounds of sugar, or three pints of molasses; boil again fifteen minutes; strain off; add, if you wish, half a pint of hot drops. After it is cold, bottle for use. This syrup is an excellent remedy in chronic and rheumatic complaints, debilitated habits, jaundice, weak stomach, loss of appetite, disturbed sleep, night sweats, &c.

## HOT DROPS.

Take two quarts of the best fourth proof cognac brandy; put it into a stone jug, or glass bottles; add one ounce of cayenne pepper; shake them well together, and then the drops are fit for use. For a larger or less quantity, observe the same proportions. These drops are useful in all cases of pain, applied to

the outside or taken inwardly. In case of common headache, it will generally relieve in a few minutes by applying to the head, and snuffing into the nose. In case of pain in the stomach or bowels, take from a half to a whole table-spoonful; the pain will soon be removed. Bathing the sides and bowels with it, will also remove pain in a short time.

#### SPICED BITTERS AND RESTORATIVES.

Take of balmony or wormwood, three ounces; pulverized poplar bark, one pound; cloves, four ounces; ginger, four ounces; lemon balm, three ounces; cayenne, half an ounce; mix thoroughly, and sift.

These bitters are one of the best medicines for restoring the tone of the stomach or digestive organs, and creating an appetite, of any in use. It is also good for the jaundice, dyspepsia, headache, giddiness, pains in the stomach and bowels, and consumption; likewise an excellent restorative after a fever.

*Mode of administration.*—Take a heaped tea-spoonful of the powder, and double the quantity of sugar; stir them together; add a tea-cupful of boiling water; drink when sufficiently cool. The best time to take the bitters, is a half hour before each meal.

#### INJECTION, OR CLYSTERS.

A pint of gruel or broth, to which may be added a spoonful of common salt. When there is tenderness of the bowels, or in the parts adjacent, infusions of tahsy, or roots of motherwort may be used.

For the dysentery, take the leaves from the puss or bush willow made into a tea; administer half a pint; repeat if necessary. [See Willow, American Remedies and Hardhach.]

#### DRINKS FOR THE SICK.

Barley water, toast water, oat meal gruel, rice gruel, ginger, apple tea, lemonade, tamarind beverage, lemon balm, spice bush and cream of tartar.

#### SICK DIET.

Light boiled rice, stewed apples, prunes, or gooseberries, soft boiled eggs, egg beat up in sugar, arrow-

root, bread water, calf's feet jelly, chicken broth, beef tea, cauliflower, turnip; unbolted wheat bread should be used instead of the white bread; a small quantity of tender beef steak, roasted mutton, at noon; sago, ripe fruits, Indian meal gruel, and slippery elm.

#### COMPOSITION.

Take of ginger, one pound; bayberry, half a pound; cayenne, half an ounce; cloves, one fourth of a pound; scullcap, two ounces; all pulverized; mix thoroughly and sift. In diarrhoea and dysentery, there should be two ounces of hemlock bark pulverized, added to the above. It is a gentle stimulant, equalizing the circulation, and strengthening the digestive organs. It also relieves costiveness, produces a moist skin, operates in harmony with the laws of the human system, and therefore may be safely employed in every form of disease. It is likewise good in sudden colds, hoarseness, sore throat and stomach, pains in the stomach or bowels, or other parts of the body, diarrhoea, dysentery, cold hands and feet, colic, hysterics, mumps, headache, jaundice, nervous disorders and measles.

#### LINIMENT OF OIL AND LIME.

Take of linseed oil and lime water, of each, equal parts; mix them. This liniment is extremely useful in burns and scalds; effectual in preventing inflammation.

#### RHEUMATIC LINIMENT.

Take the best of hard soap, one ounce; camphor, one ounce; very strong spirit, one pint; mix the soap with the spirit, and let them stand in a moderate heat until the soap is dissolved, occasionally shaking the phial; then add the camphor, and one tea-spoonful of cayenne, and also one tea-spoonful of spirits of turpentine; shake the vessel until the whole is dissolved. Useful in sprains, bruises and rheumatic pains. Good to disperse swellings, tumors, and the like.

## TINCTURE OF FIR BALSAM.

Take of balsam, one ounce; alcohol, one pint; digest till the balsam be dissolved; then add one glass of the syrup of sugar. Taken internally, it is a remedy for coughs, soreness of the stomach and bowels, night cough and consumption. The dose is a tea-spoonful.

## BITTERS.

Take one half a pint of juniper berries; two ounces of camomile flowers; one ounce of annisseed; pound the seeds fine; put them all into a bottle; add to it one pint and a half of good gin; let it steep ten hours. By taking two or three spoonful in the morning, repeated at ten o'clock, again at five in the afternoon, it wonderfully helps to remove wind from the stomach and bowels, dizziness of the head, and puts the body in health.

## STRENGTHENING AND ADHESIVE PLASTER.

Take of rosin, half a pound; white pine turpentine, half a pound; beeswax, one ounce; fresh lard, one ounce; melt them together. When the different articles are thoroughly mixed, pour them into a vessel of cold water, and work them with the hands as a shoemaker works his wax. This compound, spread on soft leather, is to be applied to weak backs, or any other part of the body which is in a state of debility. It is also used as an adhesive plaster, to confine the lips or edges of wounds together. For this purpose, it should be spread on linen or cotton cloth, which is cut into strips, warmed by the fire, and applied across the wound. It is likewise useful for confining poultices to different parts of the body, which it might be inconvenient to bandage.

## POULTICES.

Take of the life of man, roots pounded fine; boil them in water until they are soft; then add a little meal if you wish, or use them without. Their use is to ease pain, to break sores, to cool inflammations, to dissolve hardness and dissipate swellings. This

poultice is an excellent remedy to prevent mortification, for women's breasts, and for hard swellings and tumors. Use no poultices if you can help it, that are of a healing nature, before you have first cleansed the body, because they are subject to draw the humors to the part affected from every part of the body. Common bread and milk poultice, with powdered charcoal in it, is a good application to mortification, or mortified wounds. A very good poultice is made of chickweed, for boils and ill-conditioned sores.

#### TAR OINTMENT.

Take of tar and mutton suet, of each, half a pound; melt them together and strain. This is successfully employed in some eruptions of the skin, especially scald head.

#### A SALVE TO STOP ANY EATING SORE.

Take beeswax, half a pound, and half a pound of bayberry tallow; one pound of mutton tallow; three ounces of turpentine; melt them together, and it is fit for use. This salve is an excellent application to any eating or running sore.

#### SALVE FOR A SCALD OR BURN.

Take white lead and linseed oil, and make a salve. This salve is an excellent application to scalds and burns, leaving them without scar.

#### TO CURE A FELON.

Take fine salt and chimney soot, of equal parts, and pound them together; then mix them with the yolk of an egg, and apply it to the felon when it first begins, and it commonly effects a cure.

#### DIRECTIONS FOR HEADS OF FAMILIES.

Persons who have the care of families should watch them with the greatest care, and endeavor to ascertain the first symptoms of a disease; especially in colds and coughs, which is most commonly the commencement of almost all the fevers that we are liable to. A flushed and swelled face and pain in the head, are the first symptoms of a fever, and should be attended

to without delay. First soak the feet in warm water, give pennyroyal or composition tea, so as to bring on a perspiration. If there should be oppression in the stomach, give an emetic. If not, rub the feet well with vinegar; put on dry socks; give a portion of physic on going to bed; place a heated stone at the feet, wrapped in a damp cloth. This treatment, in most cases, will effect a cure, especially in children. These simple remedies will save a great deal of trouble, time, and cost, and prevent a fit of sickness. The composition tea and the tincture of fir balsam will be found very beneficial in coughs and colds.

N. B. It is of great importance that heads of families provide themselves with such medicines, and other necessaries, that may be needed in case of sickness. Every family should also be provided with a syringe; one that will cost seventy-five cents will be sufficient. It is likewise very important, that the following medicines, set down under the head of Family Dispensary, should be kept on hand by every family, that they may have them ready for use.

#### FAMILY DISPENSARY.

*Ipecac.*—It should be kept in a dry phial, stopped tight. Dose for an adult, one tea-spoonful; one half of which is to be given in about three table-spoonfuls of lukewarm water, the other half to be given in fifteen or twenty minutes.

*Senna and Manna.*—Dose for an adult, one table-spoonful, a little rounding, with a small piece of manna added to the senna; steep in a half cupful of water.

*Castor Oil.*—Dose for an adult, one table-spoonful.

*Physical Drops* should always be kept on hand.

*Composition.*—Dose for an adult, one tea-spoonful of the powders and two tea-spoonsful of sugar to a tea-cupful of boiling water. Let it stand a few minutes; administer without the dregs.

*Cough Syrup*; *Annisseed*; *Spiced Bitters*; *Flaxseed*; *Hot Drops*; *Ginger*; *Saffron*; *Cloves*; *Spirits of Turpentine*; *Honey*; *Juniper Berries*; *Poplar*

warm or tepid bath. It removes spasms, and helps cathartics. Do not omit injections in this case. [See American Remedies.]

#### TRUSH OF INFANTS.

This needs no description. It is sometimes with, and sometimes without fever. An emetic of ipecac should be given. After the stomach is cleared, give a tea-spoonful of castor oil. After the stomach and bowels are free, gargle with a tea made of wood sorrel and blackberry root. It should be the bark of the root of the high bush, sweetened with loaf sugar. When the mouth is washed, give a tea-spoonful to the child to swallow.

#### RED GUM.

Red gum is an eruption of fine pimples, of a red color, affecting infants mostly within the first month. Give saffron and snakeroot teas, to keep out the eruption; and magnesia to move the bowels and keep them free.

#### DIARRHŒA.

A diarrhœa often follows infants and children, in consequence of bad diet, damp rooms and negligence. In attempting the cure, we should be careful to avoid all causes which are obvious, and pay particular attention to the diet. It is frequently the case that the diet is offensive to the stomach, or badly digested, when we least suspect it. Consequently we should watch carefully what food agrees, and not fail to inspect the stools.

There are a variety of remedies which may be used with advantage in this complaint; such as an infusion of golden rod, raspberry leaves, black birch bark, thornbush leaves, composition tea, the dysentery syrup. A dose of a tea-spoonful, repeated every hour or two, will generally arrest the discharge. Injections should not be forgotten. Take a strip of the bark from a fir-tree as large as your hand; cut it up fine; steep slowly in about a pint of water, in a covered vessel, for a quarter or half an hour; strain the

decoction, and sweeten with loaf sugar. Children will take this tea freely, and it is particularly valuable in the bowel complaints with which they are so often affected. It seldom fails of producing a cure in the very worst cases. It diminishes the pain and soreness of the bowels, and gradually checks the disorder. By adding a little slippery elm, it will be found highly beneficial in coughs, asthma, soreness of the lungs, &c. In case the stomach should be foul, an emetic should be given. The tepid bath is useful in moistening the skin.

#### VOMITING.

Vomiting is very common to healthy children, who eat or drink more than is necessary. This needs no medication of course. Children bear pukes better than adults, and they should not be dreaded in croup, hooping-cough, &c.

# M E D I C I N E S

COMPOSED OF ROOTS AND HERBS, AND OTHER ARTICLES.

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## PHYSICAL DROPS.

Take of good Turkey myrrh in powder, half an ounce; fir balsam one table-spoonful. Dissolve the gum and balsam in half a pint of alcohol, together with half of an ounce of powdered aloes; take annis-seed, one ounce; saffron, two ounces; lise of man-root, two ounces; pulverize the seeds and bark; add the saffron; add to them one and a half pints of boiling water; steep down to one pint; strain off; add both compounds together; they are then fit for use. These drops are calculated to be used with the different syrups. As they improve the tone of the stomach and bowels, and invigorate the digestive powers by opening the obstruction of the liver and spleen, they are therefore good for costiveness, dyspepsia, and a train of other maladies. When combined with the different syrups, a tea-spoonful may be added to one glass of syrup. If taken alone, two or three tea-spoonsful will be sufficient, to operate as physic; it should be taken in a little sweetened water.

## TINCTURE OF WOOD SORREL.

Take of wood sorrel, quarter of a pound, bruised; the bark of the root of standing blackberry pulverized, one ounce; add one pint of cognac brandy; let it steep four days; strain off; add half a pint of the syrup of loaf sugar; let it stand one day in a warm place; shake the vessel often. This tincture is an excellent wash and gargle for sore mouth. A tea-spoonful taken at a time and swallowed, is excellent in sore throat and stomach. It seldom fails of a cure.

**NO. 1.—SYRUP FOR THE INFLAMMATION OF THE LIVER.**

Take two ounces of hoarhound; two ounces of the leaves and blows of thoroughwort; half a pint of juniper berries, pounded fine; two ounces of poplar bark pulverized; two ounces of lemon balm; one ounce of elder blows. Add to them six quarts of water; steep down to three quarts, and be careful to keep the vessel covered while steeping; strain off; add two ounces of gum Arabic and three pounds of sugar, or two pints and a half of molasses; steep again until it is reduced to about one pint; strain off and bottle for use. For a greater or a less amount observe the same rules. Dose, half a glass. If the patient is costive, add a tea-spoonful of the physical drops to the draught the patient is to take. The physical drops need not to be repeated, unless the patient is costive. The syrup should be taken three times a day, morning, noon and night, half an hour before taking the meals.

This syrup is an excellent remedy in the liver complaint, dyspepsia, jaundice, consumption, piles, and pain in the stomach. It is also a laxative, and keeps the bowels gently open. It is likewise an excellent remedy in coughs and colds, lung fever, and typhus fever, dyspepsia, indigestion, &c.

**NO. 2.—COUGH SYRUP.**

Take of hoarhound, one ounce; thoroughwort, two ounces; juniper berries, half pint; hyssop, one handful; two table-spoonsful of flaxseed; steep in three quarts of water, till reduced to three pints; strain off; add three pounds of sugar, or three pints of molasses, and two ounces of gum Arabic; steep again, till reduced to three pints. This syrup is a laxative and tonic, and is an excellent remedy in coughs and colds, hoarseness and soreness of the lungs. A wine-glassful may be taken three or four times a day. From one to two tea-spoonsful of the physical drops should be taken in the syrup every morning, which will keep the bowels gently open through the day, and work off the cold.

*Bark; Cayenne; Cinnamon; Cream of Tartar; The Flower of Elm; Gum Myrrh; Gum Aloes; Gum Arabic; Soda; Opodeldoc and Sweet Nitre.*

Doses of the above reduced for persons under twenty-one years of age, as follows:—For fourteen years, two thirds; seven years, one half; five years, one third: three years, one fourth; twenty-eight months, one fifth; fourteen months, one eighth; seven months, one twelfth.

In addition to the above, gather and preserve all the herbs in their seasons, that they may be ready for use in sickness, according to the directions in the following chapter.

# DIRECTIONS FOR Preserving and Collecting Plants, &c.

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## HERBS.

Herbs should be gathered in clear, dry weather, when there is no dew upon them, and spread thinly upon the floor of a chamber or loft, where there is a free circulation of air; they should be turned frequently. Herbs when they are sufficiently dry, such as have large stalks, like wormwood and thoroughwort, should be stripped from the stalks, then put in paper bags, made for that purpose, and kept in a dry place. All other herbs should be kept in the same way. If they are exposed to the air during winter, they will turn dark and lose their strength. Herbs are generally in the greatest perfection, just before or during the flowering period, and should be gathered about that time.

## ROOTS.

Roots should be collected in spring, before the sap rises, or in the autumn. They are to be freed from dirt, and dried in the sun. Roots that are large or juicy should be cut in slices before they are dried. The bark of bayberry should be taken off as soon as the root is collected, and dried for use.

## BARKS.

Barks should be collected in the spring and autumn. The bark of young trees is the best. They should be dried in the same way as roots.

## FLOWERS.

Flowers, which is the beauty of the plant, should

be gathered while in bloom, in a clear, dry day, and well dried and put in paper bags, to keep them fresh and from the air.

#### JUICES.

Juices are to be pressed out of herbs. When they are tender, like wood sorrel, bruise them well in a mortar, and put them into a cloth and ring or press out the juice; then take and clarify it. The manner of clarfying is this; put the juice into a skillet, or some such thing, and set it over the fire; when the scum rises, take it off. When you have your juice clarified, cast away the scum, and boil it over the fire, until it becomes the thickness of honey. This is most commonly used for diseases of the mouth, and often compounded with other medicines for that purpose. For a cancer, the juice that you press out of sorrel should be dried in the sun, until it is hard enough to spread on a plaster for that purpose.

#### SYRUPS.

A syrup is a medicine of a liquid form, composed of infusions and decoctions. Syrup, by infusion, is usually made of flowers, and of such as soon lose their color and strength by boiling, as roses, violets, peach flowers, &c.

Having picked your flowers clean, to every pound add three pints of water. First, put your flowers into a pewter pot with a cover, then pour the water on them; the water must be boiling hot; then put on the cover, let it stand by the fire, to keep hot ten or twelve hours, and then strain it out. To every pint add one pound of sugar, which being melted over the fire, without boiling, will make the syrup.

Syrup made by decoction is composed of compounds; yet may any simple herb be converted into a syrup as follows:—Take the herb, root, or flowers you wish to make into a syrup, and bruise them; then boil them in a sufficient quantity of water; (a handful of the herb or root, is a sufficient quantity for a pint of water.) Boil it until half the water is consumed; then strain off through a woollen cloth.

To every pint of this decoction add one pound of sugar, and boil again over the fire till it comes to syrup, which will be in ten or fifteen minutes; take off the scum as it rises; then strain again through a woollen cloth. Thus you have your syrup. Keep it either in glass or stone pots, and bind paper closely over the mouth. All syrups, if well made, continue good eight or ten months.

#### DECOCTIONS.

All the difference between decoctions and syrups, is this:—Syrups are made to keep; decoctions only for present use, and will not keep more than five or six days. Decoctions are of most use in such diseases as lie in the passage of the body, as the stomach, bowels, kidneys, passage of the urine and bladder; they pass quicker to those places than any other form of medicine. You may sweeten them with sugar, or molasses. Keep all decoctions in glass bottles close stopped, in a cool place.

The usual dose to be given at one time, is a wine-glassful, and so down according to the age and strength of the patient, the season of the year, strength of the medicine, &c.

#### TO MIX MEDICINES FOR ANY DISEASE.

With the disease, regard the cause, and the part of the body afflicted. For example; suppose you are subject to wind; look for that complaint in the table and you will see how many herbs are useful. By the same rule, you may learn the medicinal virtues of all the herbs, touching any case. You may compound them, or use them made into a common tea.

In all diseases strengthen the part of the body affected. Be sure always to fortify the part of the body affected by sympathetical remedies. Regard the heart, keep that in order, because it is the seat of life.

#### TONICS.

Tonics are bitter restorative medicines, and are used in loss of appetite, feeble digestion, and general

weakness or debility. They act first upon the stomach, then upon the body, imparting to the whole system an increase of strength and vigor. Tonics are generally bitter; the leading ones are wormwood, wild cherry-tree bark, balmony, poplar bark, unicorn, the leaves of peach-trees and kernels of peach-stones, thoroughwort, barberry bark, hardhach, mayweed, peppermint, spearmint, tansy, raspberry leaves, yarrow, scullcap, clecampane, witch-hazel leaves, birthroot, and camomile. They are of no advantage where the stomach is much disordered. After it has been cleansed by an emetic, in severe disorders, as fevers and inflammations, they should not be employed until the disease has subsided. In chronic disease, they may be used freely, and always with benefit, if the stomach is not too much encumbered with morbid matter. They should not be employed after the appetite is sufficiently restored.

#### NERVINES.

These have the effect to still the nerves, without impairing the sensibility. They include camomile, scullcap, lady's slipper, cocash, ginseng, cayenne, the roots of frostweed, yarrow, pipsicwa, &c.

#### PURGATIVES.

Purgatives are agents which quicken the motion of the bowels, and increase the secretions of fluids from their mucus or inner coat. They include thoroughwort, barberry, butternut, bitterroot, camomile, blood-root, hoarhound, sumac bark, and yellow dock.

## RECEIPTS.

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FOR THE STONE AND GRAVEL, SUPPRESSION, AND DIFFICULTY OF PASSING URINE.

*Treatment.*—Great relief may be found by drinking smartweed tea; or steep smartweed, take one pint of the decoction, and add to it half a pint of Holland gin. By taking half to a whole wine-glassful, two or three times a day, it wonderfully helps the complaint, and assists in dissolving the stone. The tincture of fir balsam, will also be found very beneficial. Take one tea-spoonful three or four times a day.

The herbs, &c., that are good for the same complaint, are camomile; winter-green or pyrola tea; solution of gum Arabic; juniper berries in Holland gin; gravelweed tea; spirits of turpentine in Holland gin. In every difficulty of urine, live a temperate life and avoid every irregularity.

### TO CURE A SWELLING IN THE THROAT.

Let a person who is troubled with risings in the throat, as soon as he feels the soreness coming on, take dry onion tops and smoke freely. This will not nauseate like tobacco, but will produce a very copious discharge of the saliva; hence the removal of the gathering difficulty. This remedy has been applied to many persons long afflicted with risings, and they have never found it to fail helping them when resorted to in season. Persons also will find relief from this remedy in case of severe tickling in the throat which often produces troublesome coughing, especially in the night, when they have taken a cold.

### CROUP.

Cut onions into thin slices; between and over them

put brown sugar ; when the sugar is dissolved, a tea-spoonful of the syrup will produce almost instantaneous relief.

#### CONSUMPTION.

Half a pint of new milk, mixed with a wine-glassful of the expressed juice of green hoarhound, taken every morning, is said to be an effectual remedy for consumption, if resorted to in time. One who tried it says, "Four weeks use of the hoarhound and milk relieved the pains of my breast ; enabled me to breathe deep, long, and free ; strengthened and harmonized my voice, and restored me to a better state of health than I had been in for years." Our own experience enables us to state, that hoarhound is an excellent specific for coughs or colds. [American Farmer.]

#### FOR THE DYSENTERY.

Boil a pint of milk, which thicken with an egg ; add one large spoonful of salt, and the same quantity of allspice. Take it twice or thrice a day, and in a few days the most obstinate dysentery may thus be cured.

#### FOR SORE THROAT.

The medical journal has the following :—" We have known several instances in which this distressing complaint, even in its worst stages, has been immediately alleviated, and speedily cured, by the following remedy : mix a pennyworth of pounded camphor with a wine-glass of brandy ; pour a small quantity on a lump of sugar, and allow it to dissolve in the mouth every hour. The third or fourth time of using it generally enables the patient to swallow with ease."

#### FOR THE PILES.

Mix one table-spoonful of sulphur with half a pint of milk ; to be taken the last thing every day, until favorable symptoms appear ; and then occasionally, as the case may require. The above is a cheap and simple, but most infallible cure for this most painful and unpleasant disorder.

## FOR THE TOOTHACHE.

The National Forum says, "the toothache can be cured by mixing equal parts of alum and salt, pulverized; then wet a small piece of cotton so that the mixed powders will adhere to it, and insert it in the hollow of the tooth."

## FOR A COUGH.

Take one large turnip and cut it into slices; put it into a quart mug, then fill the mug with molasses and simmer it till the turnip becomes soft and then it is ready for use. Take two table-spoonsful at a time, three times a day; it often gives immediate relief.

## FOR THE WHOOPING COUGH.

Take a white-tailed hornets nest, make a tea by steeping it in water, and use it for a constant drink; it is also no less effectual in relieving the phthisic.

## FOR THE AGUE IN THE FACE AND TEETH.

Take onions, cut them fine, boil them in water till they become soft; then stir in Indian bran or hulls of Indian meal, until it is suitable for a poultice; apply this poultice to the face as warm as it can be borne, and renew it as often as it becomes cool. It takes away the complaint.

## FOR A SORE MOUTH AND THROAT.

Take one large handful of wood sorrel; about one table-spoonful of the bark of the root of the high blackberry; steep them together until the strength is out; then strain it; add one table-spoonful of sugar (loaf sugar is best;) wash the mouth and gargle it in the throat, three or four times a day. Each time you use the wash, drink one or two tea-spoonsful of the liquor. It seldom fails of a cure.

## FOR A SCALD OR BURN.

Take white lead and linseed or sweet oil; make a salve; spread it on a piece of cotton cloth, and apply it to the scald or burn. Renew it twice a day, until

the cure is made. I have never known it to fail of a perfect cure in a short time, and that without a scar.

#### FOR COLD FEET.

Cold feet is generally attended with the headache, cold hands, and frequently a pain in the stomach, which often causes a bleeding at the stomach, by the blood not having a free circulation to the feet and hands. Therefore the pressure of blood is so great at the stomach that it causes the head to ache, and sometimes it even bursts the blood vessels in the stomach. Make a strong tea of smartweed, a sufficient quantity to soak the feet. Put the feet in it as hot as it can be borne; rub them with a brush until the water is almost cold, and wrap them in a warm flannel; then make a tea of peppermint and drink; all of which must be done about the time of going to bed. If the patient is costive, he should take a portion of physic. After which take of horseradish roots one handful; one half gill of mustard seed pounded fine; put them into two quarts of good cider; let it stand twelve or fifteen hours. Take of the same one glassful every morning; it will quicken the blood; and by continuing it, will cause a free circulation of the blood through the whole system, producing a genial warmth to every part of the body. It is also excellent for the health.

#### ITCH OINTMENT.

Take one ounce of red precipitate; eleven ounces of fresh butter; and two ounces of the spirits of turpentine; mix them together cold and it is fit for use. Anoint the joints, the hollow of the arms, the hams, rubbing the inside of the hands, &c. The time to apply it is when going to bed. One ounce of this ointment is sufficient to cure two persons.

#### TO QUICKEN THE BLOOD AND RELIEVE NUMBNESS.

Take sage and steep it in good brandy, near the fire, for twelve or fifteen hours. One tea-spoonful is a medium dose as often as the case may require.

## TO MAKE A CORDIAL FOR WEAKLY CHILDREN.

Take one ounce of the meats of peach-stones; one ounce of gum myrrh, pounded fine, and four ounces of sugar; mix these articles together; add to them one pint of good brandy; let it stand two or three days. Give one tea-spoonful two or three times a day.

## KITTREDGE OINTMENT, SO CALLED.

Take of tobacco leaves bruised, one pound; steep them one night in red wine; then add half a pound of hog's lard; boil it until the wine be consumed; strain it, and add a quarter of a pound of the juice of tobacco; two ounces of rosin; boil it to the consumption of the juice. While boiling, add one ounce of the powder of birthwort, and one ounce of rosin.

*Virtues.*—It cures ulcers, tumors, wounds, blotches, scabs, itch, wounds, botches, scalds, burns made by lightning, ulcers in the legs, though the bone be affected, and brings up the flesh from the bottom. By anointing the face with it, the redness and pimples will soon disappear. A wound dressed with it will never putrify. By applying it to the stomach no infirmity will harbor there, and it will prevent consumption of the lungs, asthma, &c.

## FOR A COUGH.

Take two onions and eight garlicks, of common size, and cut them fine; put them into three pints of water, and boil until they are reduced to one pint; then strain through a cloth, and add one third part honey and a half pint of gin. By taking one or two spoonful at a time when you have your spells of coughing, it will give relief beyond conception. [Dr. Shepard.]

## FOR A SCALD OR BURN.

Take a piece of unslack'd lime, as large as an egg; put it into three gills of spring water and let it slack; after slackening, take a part of the water and add sweet oil equal to the quantity of water; stir them until they are properly mixed together; after which spread

it on a linen cloth. Apply it to the scald or burn and it gives relief. [Chase.]

#### WEAKLY HABITS AND BILIOUS COMPLAINTS.

Take peach leaves one handful; dandelion roots and tops one half peck; one large handful of Roman wormwood; double the quantity of five fingered leaves there is of the wormwood; one half peck of the bark of elder roots; put them into a two pail pot, and boil them together until you get the strength; then strain it and reduce it by boiling to three quarts; when cold add one pint and a half of good gin; after which put it into bottles, keep it from the air, and it is fit for use. This is extremely good for all weakly habits or bilious complaints, headache, cold feet, &c.

#### TO CURE A FELON.

Take fine salt and chimney soot, of equal parts, and pound them together; then mix them with the yolk of an egg; apply to the felon when it first begins, and it commonly effects a cure.

#### RISINGS IN THE FLESH.

Take life of man pounded fine; boil it in milk; apply it to the place affected, and renew it often; it frequently effects a cure.

#### FOR THE RHEUMATISM.

Take balsam of copaiva; white pine turpentine and saltpetre of equal parts; mix them together; after which, make it into pills as large as a pea; take one at night and one in the morning. This will generally afford relief.

#### TO STRENGTHEN THE NERVES AND JOINTS.

Take half a pint of neatsfoot oil; half a pint of brandy; half a gill of the oil of turpentine; oil of annis, ten drops; simmer the brandy and the neatsfoot oil together; then stir the turpentine in with it, and it is fit for use. Anoint the place affected from

time to time as the case may require. This is called the Kittridge nerve ointment.

#### TO TURN SICKNESS, OR STOP PUKING.

Take peppermint tea; spearmint tea; or hogweed tea.

#### STIFF JOINTS AND SINEWS.

Take angle worms, neat'sfoot oil, and brandy, of each one gill; simmer them together moderately and it is fit for use; anoint the place affected morning and night by the fire; after which keep it wrapped up, and it seldom fails of producing a cure.

#### DYSENTARY AND VARIOUS OTHER COMPLAINTS.

Take bald spruce bark and boil it strong. In case of dysentary take two table-spoonsful at a time, once every hour, until the cause is removed. It is also exceeding good for all swellings, sores, and green wounds, when washed therewith.

#### TO STOP THE MENSES, OR TOO MUCH FLOWING OF WOMEN'S COURSES.

Take half an ounce of picro; add to it one pint of gin, and it is fit for use. Take half of a wine-glassful every morning, and it seldom fails of effecting a cure. Take bald spruce balls and make a strong tea; drink once an hour; it will also, it is said, relieve the distress.

#### FOR A COUGH.

Take dragon root, flaxseed, the top of new milk, and honey, of each one tea-spoonful; mix them together, and it is fit for use. Take it as follows: If the cough is hard, one tea-spoonful once an hour; if not hard, once in two or three hours.

#### FOR A ROSE CANCER.

Take garget plums, full ripe; simmer them in cream moderately; anoint the cancer two or three times a day till it comes out.

## FOR THE WHOOPING COUGH.

Take a white-tailed hornet's nest, steep it in water, and make a tea; use it for a constant drink. It is likewise no less effectual in relieving the phthisic. It should be the comb that is steeped.

## STRENGTHENING PLASTER.

Take white pine turpentine; put it into a thin cloth or bag and boil it; squeeze it as it boils; skim it off as it rises on the top of the water, and pour it into cold water; then work it in the same manner as you would work wax, until it becomes white. This is an excellent plaster for sprains and bruises, black and blue spots, and a weak back. It also proves very effectual in healing green wounds or cracks on the hands.

## FOR THE WIND COLIC.

Make a strong tea of smartweed; add a small sprig of lobelia, which will expel the wind, kill the cold, and cause the pain to subside in a few hours.

## FOR SALT RHEUM.

Take the bark of elm roots and boil it in water until the water becomes a strong tea; then strain it from the bark, and it is fit for use. A small quantity of it must be drank in the morning, again at eleven o'clock, and again at bed-time. Wash the sores with the same tea as often as you drink the tea; and so continue for several days together. It will give great relief. I have known it to cure this complaint when the patient was, as it were, all over a mange; in the course of ten or twelve days the skin will become perfectly natural.

## FOR A PAIN IN THE SIDE.

Take potatoes; boil them soft; put them into a flannel bag; lay them on the pained side when going to bed; at the same time take a draft of wormwood tea. By continuing this poultice several nights together, many have found relief beyond conception.

## FOR AN EMETIC.

Mustard mixed in the usual way, and taken into the stomach, is a very speedy emetic ; especially for young children, attacked with scarlet fever, and for ejecting poisonous substances.

# AMERICAN REMEDIES.

HERBS, PLANTS, &c.

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## ALL HEAL.

Worms, Gout, Cramp, Joints, Lethargy, Obstructions of the Liver and Spleen and Toothache.

It is called all heal, Hercules' all heal, and Hercules' woundwort.

*Description.*—Its root is long, thick, and exceedingly full of juice, of a hot and biting taste; the leaves are large and winged, similar to that of the ash-tree, and are somewhat hairy. Each leaf consists of five or six pair of wings set one against the other upon foot-stalks, broad below, but narrow towards the end; one of the leaves is a little deeper at the bottom than the other, of a fair, yellowish, fresh green color; they are of a bitterish taste when chewed in the mouth. From among the leaves arises a stalk, green in color, round in form, large and strong in magnitude, five or six feet high, with many joints and some leaves thereon. Towards the top comes forth umbels of small yellow flowers; after these are passed away may be found whitish and yellow short flat seeds, bitter also in taste.

*Place.*—I have given the above description of the herb from the bottom to the top, that you may not mistake it because there are other herbs called by this name. It is easily to be had in the gardens in many places.

*Government and virtues.*—It kills worms, helps the gout, cramp and convulsions, provokes urine, and is good for pains in the joints. It helps cold affections of the head, the vertigo, falling sickness, lethargy, the wind colic, obstructions of the liver and spleen, stone in the kidneys and bladder. It assists the terms, expels the dead birth, and is excellent for the

sinews; also for itch and toothache, and purges choler very gently.

#### ALKANET.

Ulcers, Inflammations, St. Anthony's Fire, Morphew, Yellow Jaundice, Spleen, Gravel, Worms, Back Bruises, Falls.

Besides the common name, it is called Orchonet, and Spanish Bugloss.

*Description.*—Of the many sorts of this herb there is but one known to grow commonly in this country; which one takes this description :—It has a great and thick root, of a reddish color; long, narrow, hairy leaves; green like the leaves of Bugloss, which lie very thick upon the ground; the stalks rise up compassed round thick with leaves, which are smaller and narrower than the former; they are tender and slender; the flowers are hollow, small, and of a reddish color.

*Time.*—They flower in July and the beginning of August, and the seed is ripe soon after; but the root is in its prime, as carrots and parsnips are, before the herb runs up to stalk.

*Government and virtues.*—It helps old ulcers, hot inflammations, burnings by fire, and St. Anthony's Fire. For these uses the best way is to make it into an ointment. If a vinegar is made of it, as you make vinegar of roses, it is good for the morphew and leprosy. (If the herb is applied to the privities, it assists to bring forth the dead child.) It also helps the yellow jaundice, spleen, and gravel in the kidneys. Dioscorides says, “It helps such as are bitten by venomous beasts, whether it be taken inwardly or applied to the wound;” nay, he says further, “if any one that hath newly eaten it, do but spit into the mouth of a serpent, the serpent instantly dies.” It stays the flux of the belly, kills worms, helps the fits of the mother. Its decoction, made in wine and drank, strengthens the back, and eases the pains thereof. It helps bruises and falls, and is as excellent a remedy to drive out the small-pox and measles as any in use. An ointment made of it is good for green wounds, pricks, or thrusts.

**ADDERS' OR SERPENTS' TONGUE.**

Wounds in the Breast, Vomiting, Stoppage of Terms, Whites, Ulcers, and Inflammations in Wounds.

This herb has but one leaf, which grows with the stalk, a finger's length above the ground, flat, and of a fresh green color; broad, like water plantain, but less, without any rib in it; from the bottom of which leaf, on the inside, rises up one (sometimes two or three,) slender stalks, which is somewhat bigger, and dented with small dents of a yellowish green color, like the tongue of an adder or serpent. The roots continue all the year.

*Place.*—It grows in moist meadows and similar places.

*Time.*—It is to be found in May or April, for it quickly perishes with a little heat.

*Government and virtues.*—It is temperate in respect to heat, but in the second degree. The juice of the leaves, drank with the distilled water of horsetail, is a singular remedy for all manner of wounds in the breast, bowels, or other parts of the body, and is given with good success to those that are troubled with casting, vomiting, or bleeding at the mouth or nose, or otherwise. The juice given in the distilled water of oak buds is very good for women who have their usual courses or the whites flowing too abundantly. It helps sore eyes. If the leaves are infused or boiled in oil omphacine, or put in unripe olives set in the sun for certain days—or the green leaves are sufficiently boiled in the same oil—it makes an excellent balsam not only for green and fresh wounds, but also for old and inveterate ulcers; especially if a little fine, clear turpentine be dissolved in it. It also stays and refreshes all inflammations that arise from pains by hurts or wounds.

**AGRIMONY.**

Jaundice, Inward Wounds, bloody and troubled Urine, Cough, Ague, Bloody Flux, and Thorns in the Flesh.

*Description.*—This has divers long leaves, set upon a stalk, all of them dented about the edges, green above and greyish underneath, and a little hairy

withal; among which rises, usually, but one strong, round, hairy, brown stalk, two or three feet high, with smaller leaves set here and there upon it. At the top grow many small yellow flowers, one above another, in long spikes; after which come rough heads of seed hanging downward, which will cleave to and stick upon garments, or any thing that may rub against them. The knot is black, long, and somewhat woody, abiding many years, and shooting afresh every spring. The root, though small, has a very good scent.

*Place.*—It grows upon banks, near the sides of hedges.

*Time.*—It flowers in July and August, the seed being ripe shortly after.

*Government and virtues.*—It is of a cleansing and cutting faculty, without any manifest heat; moderately drying and binding. It opens and cleanses the liver, helps the jaundice, and is very beneficial to the bowels; heals all inward wounds, bruises, hurts and other distempers. The decoction of the herb, made with wine and drank, is good for the biting and stinging of serpents; it assists them that pass foul, troubled or bloody water, and makes them urinate clear and speedily. It also helps the colic, cleanses the breast and drives away a cough. A draught of the decoction, taken warm, before the fit first comes on, and in time, drives away the tertian or quartan agues. The leaves and seeds taken in wine stays the bloody flux; when mixed with old swine's grease, and applied outwardly, it helps old sores, cancers, and inveterate ulcers, and draws forth thorns and splinters of wood, nails, or any other such thing in the flesh. It helps to strengthen the limbs that have been out of joint; being bruised and applied, or the juice dropped in, it helps foul and imposthumed ears. The distilled water of the herb is good for all the said purposes, either inward or outward—but much weaker. It is a most admirable remedy for such as are troubled by either heat or cold. The liver is the former of blood, and blood the nourisher

of the body ; and agrimony is a strengthener of the liver.

I cannot stop to give a reason in every herb why it cures such diseases ; but it will be well to peruse my remarks on the herb wormwood under the proper head, and it will be well worth the while to consider them in every herb throughout the book.

#### GROUND IVY, OR GILL-GO-BY-GROUND.

Inward Wounds, Pains, Griping Stomach, Wind, Liver, Gall, Gout, Sciatica, Sore Mouth, Ulcers in the Privates, Web in the Eyes, Ulcers in the Nose, Deafness.

*Description.*—This well known herb lies, spreads, and creeps upon the ground ; shoots forth roots at the corners of tender jointed stalks, set with two round leaves, at every joint somewhat hairy, crumpled, and unevenly dented about the edges with round dents ; at the joints, with the leaves towards the end of the branches come forth the hollow, long flowers, of a blueish, purple color, with small white spots upon the lips that hangs down. The root is small with strings.

*Place.*—It is commonly found under hedges, on the sides of ditches, under houses, or in shadowed lanes, and other waste grounds, in almost every part of this country.

*Time.*—It flowers somewhat early, and abides a great while ; the leaves continue green until winter, and sometimes through it, except it be very sharp and cold.

*Government and virtues.*—It is quick, sharp, and bitter in taste, and is thereby found to be hot and dry ; a singular herb for all inward wounds, exulcerated lungs or other parts, either by itself or boiled with other like herbs ; when drank, in a short time, it eases all griping pains, wind, and colic humors in the stomach, spleen or belly ; helps the yellow jaundice, by opening the stoppings of the gall and liver ; and also melancholy, by opening the stoppings of the spleen ; expels venom or poison and the plague ; it assists urination and women's courses ; the decoction of it in wine, drank for sometime together, procures

ease to those troubled with the sciatica or hip gout; as also the gout in the hands, knees or feet. If the decoction is put in some honey, with a little burnt alum, it is excellent to gargle sore mouth or throat, and to wash the sores and ulcers in the privy parts of man or woman; it speedily helps green wounds when bruised and bound around them. The juice of it boiled with a little honey and verdigris, wonderfully cleanses fistules, ulcers, and stops the spreading or eating of cancers and ulcers; it helps the itch, scabs, wheals, and other breakings out in any part of the body.

The juice of calandine, field daisies, and ground ivy clarified, and a little fine sugar dissolved therein and dropped into the eyes, is a sovereign remedy for all pains, redness and watering of them, as also for the pini and web skin and films growing over the sight; it helps beasts as well as men. The juice, dropped into the ears, wonderfully prevents the noise and singing in them, and helps the hearing which is decayed. It is good to turn into a new drink, for it will clarify it in a night, so that it will be more fit to drink the next morning; or if any drink be thick with removing, or any other accident, it will do the like in a few hours.

#### ALEXANDER, OR PARSLEY.

Obstructions of the Liver and Spleen, Terms, After-Birth, Urine and Wind.

*Description.*—It is usually sown in all gardens, and so well known that it needs no description.

*Time.*—It flowers in June and July; the seed is ripe in August.

*Government and virtues.*—It is an herb of Jupiter, and therefore friendly to nature, for it warms a cold stomach and opens stoppage to the liver and spleen; it is good to move women's courses, to expel the after-birth, to break wind, to provoke urine, and helps the strangury; and these things the seeds will do likewise. If either of them be boiled in wine, or bruised and taken in wine, it is effectual against the biting of serpents.

## BLACK ALDER TREE.

Jaundice, Dropsy, Liver, Stomach, Appetite and Scabs.

This tree is so well known that it needs no description.

*Government and virtues.*—The inner yellow bark purges both choler and phlegm, and the watery humors of such that have the dropsy, and strengthens the inward parts again by binding. If the bark be boiled with agrimony, wormwood, dodder, hops and some fennel, with smallage, endive, and succory roots, and a reasonable draught taken every morning for some time together, it is very effectual against the jaundice, dropsy, and the evil disposition of the body, especially if some suitable purging medicines have been taken before, to void the grosser excrements; it purges and strengthens the liver and spleen, cleansing them from such evil humors and hardness as they are afflicted with. It is to be understood that these things are performed by the dried bark, for the fresh green bark, taken inwardly, provokes strong vomitings, pains in the stomach, and gripings in the belly; yet if the decoction stands and settles two or three days until the yellow color is changed to black, it will not work so strongly as before, but will strengthen the stomach and procure an appetite. The outward bark binds the body and is good for all lasks and fluxes; but this also must be dried first when it will work the better. The inner bark boiled in vinegar is an approved remedy to kill lice, to cure the itch, and take away scabs, by drying them a short time. It is singularly good to wash the teeth, to take away the pains, to help those that are loose, to cleanse and keep them sound. The leaves are good fodder for kine, to make them give milk. In the spring use the herbs before mentioned; take a handful of them and add a handful of elder buds; having bruised them all, boil in a gallon of ordinary beer when it is new; after boiling half an hour, add three gallons more and let them work together and drink a draught of it every morning, of half a pint or thereabouts. It is an ex-

cellent purge in the spring to consume the phlegmatic quality the winter has left behind it; and withal to keep your body in health and destroy those evil humors which the heat of summer will readily stir up. Esteem it as a jewel.

#### ANGELICA.

Poison, Pestilence, Cold, Wind, Cough, Lungs, Strangury, Shortness of Breath, Terms, Liver and Spleen, Surfeits.

It resists poison by defending and comforting the heart, blood and spirits. It does the like against the plague and all epidemical diseases, if the root be taken in powder, to the weight of half a drachm at a time, with some good treacle in carduus water, and the patient is laid to sweat in his bed; if the treacle is not to be had, take it alone in carduus or angelica water. The stalks or roots candied and eaten, fasting, are good preservatives in time of infection; and at other times to warm and invigorate a cold stomach. The root also steeped in vinegar, and a little of that vinegar taken sometimes fasting, and the root smelled of, is good for the same purpose. A water distilled from the root, simply as steeped in wine in a glass, is much more effectual than the water of the leaves; and this water, drank two or three spoonful at a time, eases all pains and affections of cold and wind, so that the body be not bound; and taken with some of the root in powder at the beginning, helps the pleurisy, as also all other diseases of the lungs and breast, as coughs, phthisic, and shortness of breath; and a syrup of the stalks helps colic pains, strangury and stoppage of the urine; procures women's courses and expels the after-birth; opens the stoppings of the liver and spleen; and, briefly, eases all windiness and inward swelling. The decoction drank before the fit of an ague, to cause sweat, if possible, before the fit comes on, will, in two or three times taking, drive it away; it helps digestion, and is a remedy for surfeit. The juice or the water dropped into the eyes or ears, helps dimness of sight and deafness; also put into a hollow tooth, eases the pain. The root, in powder,

made into a plaster, with a little pitch, and laid on the bites of mad dogs, or any other venomous creature, it wonderfully relieves. The juice or water dropped, or tents wet in it, and put in filthy ulcers, or the powder of the root applied to them, cleanses and causes them to heal quickly; the distilled water also applied to places pained with the gout or sciatica, gives a great deal of ease.

#### ARSSMART.

Ulcers, Cold Swellings, Bruises, Congealed Blood, Felons, Worms in the Ears, Inflammation, Wounds.

This herb is so well known that it needs no description.

*Government and virtues.*—It is of a cooling and drying quality, very effectual for putrified ulcers, in man or beast; and to kill worms, and cleanse putrified places. The juice dropped in, or otherwise applied, consumes cold swellings, and dissolves the congealed blood of bruises, by strokes and falls. A piece of the root or some of the seeds bruised, and held to an aching tooth takes away the pain. The leaves bruised and lain on the joint that has a felon on it takes it away. The juice destroys worms in the cars, when dropped into them; if the hot arssmart be strewed in a chamber, it will soon kill all the fleas; and the herb or juice of the cold arssmart applied to horses, or other cattles' sores, will drive away flies in the hottest of summer; also a good remedy for the strangury. The mild arssmart is good for all imposthumes and inflammations at the beginning, and to heal green wounds.

#### ARCHANGEL, OR DEAD NETTLES.

Spleen, Agues, Bleeding at the Nose, Kings Evil, Sciatica, Gout, Ulcers, Bruises, Burnings.

The archangel is somewhat hot and drier than the stinging nettle, and used with better success, for the stopping and hardness of the spleen, by using the decoction of the herb in wine, and afterwards applying the herb hot to the region of the spleen as a plaster, or the decoction with a sponge. Flowers of

the white archangel preserved or conserved, may be used to stay the whites ; and the flowers of the red to stay the reds, in women. It makes the heart merry, drives away melancholy, quickens the spirits, is good for agues, stanches bleeding at the mouth and nose, if pounded and applied to the back of the neck. The herb also bruised, with some salt, vinegar, and hogs grease, and laid upon a hard tumor, or swelling, or what is vulgarly called the kings evil, helps to dissolve or destroy them ; and when applied in the same manuer will allay the pains and give ease to the gout, sciatica and other diseases of the joints and sinews. It is also very effectual to heal green wounds and old ulcers ; to stay their fretting, gnawing, and spreading. It draws forth splinters and such things from the flesh, and is very good for bruises and burns. But the yellow archangel is most commended for old, filthy, corrupt sores, and ulcers, although they grow hollow ; and to dissolve tumors. The chief use of them is for women.

#### ASH TREE.

Adder's and Viper's Biting, Dropsy, Stone, Jaundice, Scabs or Scald Head, Rickets.

*Government and virtues.*—It is governed by the sun ; and the young tender tops, with the leaves, taken inwardly, and some of them outwardly applied, are excellent for the biting of a viper, adder, or any other venomous creature ; and the water distilled therefrom, when taken in a small quantity every morning, fasting, is a singular medicine for those subject to dropsy, or to abate the greatness of those that are too gross or fat. The decoction of the leaves in white wine helps to break the stone and expel it, and cures the jaundice. The ashes of the bark of the ash made into lie and the heads bathed with it that are leprous, scabby or scald, will be cured. The kernels within the husks, commonly called ashen keys, are good for stitches and pains in the side, proceeding from wind ; and carry away the stone by provoking urine.

## BALM.

Faintings, Melancholy, Indigestion, Obstructions, Mad Dogs, Terms, Bloody Flux, Difficulty of Breathing, Gout, Liver and Spleen, Women in Child-bed.

This herb is so well known to be an inhabitant, almost in every garden, that I shall not need to write any description, although the virtues, which are many, should not be omitted.

*Government and virtues.*—Let a syrup, made with the juice of it and sugar, be kept in every gentlewoman's house, to relieve the weak stomachs and sick bodies of their poor, sickly neighbors; as also the herb kept dry with other convenient and simple remedies. You may make the syrup into an electuary, with houey, according to the disease (as you will be taught at the latter end of this book.) It causes the mind and heart to become merry, and revives heart faintings and swoonings, especially of such who are overtaken in sleep, and drives away all troublesome cares and thoughts from off the mind, arising from melancholy or black choler. It is very good to help digestion and open obstructions of the brain; and has such purging qualities in it, as to expel those melancholy vapors from the spirits and blood, which are in the heart and arteries, although it cannot do so in other parts of the body. The leaves, steeped in wine, and the wine drank, and the leaves externally applied, is a remedy against the stings of a serpent, and the bites of mad dogs. The decoction is good for women to bathe or sit in to procure their courses; it is good to wash aching teeth with, and excellent for those that have the bloody flux. The leaves, also, with a little nitre, taken in drink, are good for the surfeit; it helps the griping pains of the belly; and when made into an electuary, is good for them that cannot fetch their breath. Used with salt, it takes away wens, kerncls, or hard swellings in the flesh or throat; it is good for the liver and spleen. A tansy or caudle made with eggs, and the juice while it is young, putting to it some sugar and rosewater, is beneficial for a women in child-bed, when the after

birth is not thoroughly voided, and for their faintings upon, or in, their travail. The herb bruised and boiled in a little wine and oil, and laid warm on a bile, will ripen and break it.

#### BARBERRY.

Scabs, Itch, Tetterers, Ringworms, Biles, Jaundice, Appetite Lost.

The shrub is so well known by every boy and girl that has attained the age of seven years, that it needs no description.

*Government and virtues.*—The inner rind of the barberry tree, boiled in white wine, and a quarter of a pint drank each morning, is an excellent remedy to cleanse the body of choleric humors, and free it from such diseases as choler causes, such as scabs, itch, tetterers, ringworms, yellow jaundice, and biles. It is excellent for hot agues, burnings, scaldings, heat of the blood, heat of the liver, bloody flux; the berries are as good as the bark, and more pleasing; they give a person a good stomach for victuals, by strengthening the alterative faculty.

#### BAYBERRY TREE, OR BUSH.

Stone, Obstructions of the Liver, Spleen, Dropsy, Poison, Jaundice, Terms, Cases of Delivery, After Birth, Cough, Short Breath, Wind, Mother, Worms, Stomach, Womb, Belly, Itch, and Scabs.

This is so well known that it needs no description; I shall, therefore, only write the virtues, which are many.

*Government and virtues.*—The berries are very effectual for the poison of venomous creatures, and the stings of wasps and bees; and also against the pestilence or other infectious diseases. They likewise procure women's courses; seven of them may be given to a woman in sore travail of child-birth, but not to be taken by such as have not gone their full time, lest they procure abortion, or cause labor too soon. They wonderfully help all cold and rheumatic distillations from the brain to the eyes, lungs, or other parts; and when made into an electuary with honey, are good for consumption, old coughs, shortness of breath, and thin rheums. They greatly expel wind

and provoke urine; help the mother and kill the worms. A bath of the decoction of the leaves and berries, is very good for women to sit in, who are troubled as a mother, or the diseases thereto, or the stoppings of their courses, or for the diseases of the bladder, pains in the bowels, by wind, and stopping of urine. A decoction also of equal parts of bayberries, cumin seed, hyssop, origanum, and euphorbium, with some honey, and the head bathed with it wonderfully helps distillations and rheums, and settles the palate of the mouth in its place. The oil made of the berries is very comfortable in all cold affections of the joints, nerves, arteries, stomach, belly, or womb, and helps palsies, convulsions, cramp, aches, tremblings, numbness, in any part, weariness, and pains that come by sore travailing. It relieves all aches and pains proceeding from wind, either in the head, stomach, back, belly, or womb, by anointing the parts with it; and pains in the ears are also cured by dropping in some of the oil, or by blowing the fume of the decoction of the berries through a funnel. The oil takes away marks off the skin and flesh by bruises or falls.

#### BEETS.

Obstructions of the Liver and Spleen, St. Anthony's Fire, Itch, Dandruff, Ulcers, Cankers, Flux, Terms Stops, Whites.

Of beets there are two sorts. The white beet loosens the belly, and is of a cleansing, digesting quality, and provokes urine. The juice of it opens obstructions, both of the liver and spleen, and is good for the headache and swimmings therein, and turnings of the brain; and when applied to the temples, stays inflammation in the eyes. The decoction in water and some vinegar heals the itch, if bathed with it; and cleanses the head of dandruff, scurf, and dry scabs, and does much good to fretting and running sores, ulcers, and cankers, in the head, legs, or other parts. It is much recommended for baldness and shedding the hair. The red beet is good to stay the bloody flux, women's courses, the whites, and for the yellow jaundice. The juice of the root put into the

nostrils, purges the head, helps the noise in the ears, and the toothache; snuffed up the nose is good for a bad breath, if the cause lies in the nose, as many times it does, if caused by any bruises; as also for want of smell in that organ.

#### WOOD BETONY.

Indigestion, Stomach, Jaundice, Falling Sickness, Palsy, Gout, Dropsy, Cough, Shortness of Breath, Worms, Liver, Spleen, Pains in the Back, Terms, Bleeding, Spitting Blood, Bruises, Old Ulcers, Biles.

*Description.*—Common or wood betony has many leaves rising from the root, which are somewhat broad and round at the end, roundly dented about the edges, standing upon long foot-stalks; from among which arise up small, square, slender, but upright hairy stalks, with some leaves on it, to a piece at the joints, smaller than the lower, whereon are set several spiked heads of flowers, like lavender, but thicker and shorter for the most part, and of a reddish or purple color, spotted with white spots both in the upper and lower part; the seeds contained within the husks, that hold the flowers, are blackish, somewhat long and uneven. The roots are composed of many white thready strings; the stalk perishes, but the roots, with some leaves, live all winter.

*Place.*—It grows frequently in woods, and delights in shady places.

*Time.*—It flowers in July; after which the seed is quickly ripe, but in its prime in May.

*Government and virtues.*—It preserves the liver and body from the danger of epidemical diseases, and it helps those that cannot digest their meat, those that have weak stomachs, or sour belchings, or continual risings in their stomach, by using it familiarly, either green or dry; if the herb, or the root, or the flowers, in broth, drink, or meat, or made into conserve, or syrup, taken any of the aforesaid ways, it helps the jaundice, falling sickness, the palsy, convulsions, or shrinking of the sinews, the gout, and those that are inclined to dropsy, or those that have continual pains in their heads, although it turn to phrensy. The

powder, mixed with pure honey, is no less available for all sorts of coughs or colds, wheezing, or shortness of breath, distillations of thin rheum upon the lungs, which causes consumptions. The decoction, made with mead and a little pennyroyal, is good for those that are troubled with putrid agues, whether quotidian, tertian, or quartan, and to draw down and evacuate the blood and humors, that, by falling into the eyes, hinder the sight; the decoction made in wine, and taken, kills worms in the belly, opens obstructions, both of the spleen and liver, cures stitches, and pains in the back, or sides, the torments, and griping pains of the bowels, and the wind colic; and mixed with honey purges the belly, helps bring down women's courses, and is of special use for those troubled with the falling down of the womb, and the pains from it; and causes an easy and speedy delivery of women in child-birth. It helps also to break and expel the stone, either in the bladder or kidneys. The decoction, with wine, gargled in the mouth, eases the toothache, stays bleeding at the mouth or nose, and helps those that spit blood, and those that are ruptured, and is good for bruises by falls, or otherwise. The green herb bruised, or the juice applied to any inward hurt, or outward green wound, will quickly heal and close it up; as also any veins or sinews that are cut; and will draw forth any broken bone or splinter. The fume of the decoction, while it is warm, received through a tube into the ears eases pains in them, destroyes the worms and cures the running sores. It is a very precious herb, and fitting to be kept in every house, both in syrup, conserve, oil, ointment, and plaster. The flowers are usually conserved.

#### BLACKBERRY BUSH.

It is so well known that it needs no description.

*Government and virtues.*—The buds, leaves, and branches, while they are green, are of good use in ulcers and putrid sores of the mouth and throat, and for quinsy, and also to heal other fresh wounds and

sores; but the flowers and fruits unripe are very binding, and therefore good for the bloody flux, lasks, and are a fit remedy for spitting of blood. Either the decoction or powder of the root, when taken, is good to break or drive forth gravel and the stone in the reins and kidneys. The decoction of them and of the dried branches, bind the belly, and are good for too much flowing of women's courses; the berries of the flowers are a powerful remedy against the poison of the most venomous serpents. When drank and outwardly applied, it helps the sores of the fundament, and the piles. The juice of the berries mixed with the juice of mulberries binds more effectually, and helps all fretting and eating sores and ulcers whatsoever. The distilled water of the branches, leaves, and flowers, or of the fruit, is very pleasant in taste and very effectual in fevers and hot distempers of the body, head, eyes, and other parts, and for all the purposes aforesaid. The powder of the leaves strewed on cankers and running ulcers, wonderfully helps to heal them.

#### BORAGE, OR BUGLOSS.

Fevers, Poison, Milk in Nurses, Jaundice, Itch, Weakness by long Sickness, Consumption, Ulcers, Sore Throat, Cough.

*Goverment and virtues.*—They are herbs of Jupiter, and, under Leo, are great cordials, and great strengtheners of nature. The leaves and roots are, to very good purpose, used in putrid and pestilential fevers, to defend the heart, and help resist and expel the poison, or the venom of other creatures; the seed is of the like effects; and the seed and leaves are good to increase milk in women's breasts; it helps to clarify the blood and mitigate heat in fevers. The juice made into a syrup, is good for all the purposes aforesaid, and may be put with other cooling, opening and cleansing herbs to open obstructions, and help the yellow jaundice; and, mixed with fumitory to cool, cleanses, and tempers the blood; it is good for the itch, ringworms and tetter, or other spreading scabs or sores. The flowers candied or made into a conserve, are useful in the former cases, but are

chiefly used as a cordial, and are good for those that are weak, by long sickness; and to enliven the heart and spirits of those in consumption, or troubled with swoonings, or passions of the heart. The distilled water is no less effectual for all the purposes aforesaid; but is good for redness and inflammation of the eyes when washed with it; green herb is only used—not the dry; yet the ashes of the latter, boiled in mead, or honey water, is available for inflammation, ulcers in the mouth or throat to gargle it with. The roots of bugloss are effectual, when made into an electuary, for the cough, and to condensate thick phlegm, and the rheumatic distillations upon the lungs.

#### BUCKTHORN PLANTAIN.

Stone, Stomach, Vomiting, Bleeding, Bloody Flux, Agues, Eyes.

*Government and virtues.*—When boiled in wine and drank, and some of the leaves put on the affected place, it is an excellent remedy for the biting of the viper or adder, which is one and the same. When drank, it helps those troubled with the stone, in the reins or kidneys, by cooling the heat of the parts afflicted, and strengthening them; also weak stomachs that cannot retain, but cast up their food. It stays all bleeding, both at the mouth and nose; bloody urine or the bloody flux; and stops the lask of the belly and bowels. The leaves bruised and laid on the sides affected with the ague, suddenly eases the fit; the leaves and roots, when beaten with some bag salt and applied to the wrists, works the same effects. The herb, boiled in ale or wine, and given several mornings and evenings together, stays the distillation of hot and sharp rheums falling into the eyes from the head, and helps all sorts of sore eyes.

#### BUGLE.

Bruises, Falls, Ulcers, Liver, Fistula, Sore Mouths, Secret Parts, Broken Bones.

*Description.*—This has larger leaves than those of the self-heal, but of the same fashion, rather longer; in some, green on the upper side; in others, more

brown, dented about the edges, somewhat hairy; the stalk is square also, which rises half a yard high sometimes, with the leaves set by couples, from the middle, upon which stand the flowers, together with many smaller and browner leaves than the rest on the stalk below, set at a distance, with the stalk bare between them; among the flowers are also small ones of a blueish and sometimes of an ash color; fashioned like the flowers of ground ivy; after which, come small, round, blackish seeds. The root is composed of many strings and spreads upon the ground.

*Place.*—It grows in woods, copses, and fields, generally throughout England, but the white flowered bugle is not so plenty as the former.

*Time.*—They flower from May until July, and in the mean time perfect their seed. The roots and leaves next appear upon the ground during the winter.

*Government and virtues.*—The decoction of the leaves and flowers made in wine and taken, dissolves the congealed blood in those bruised inwardly by a fall or otherwise, and is very effectual for inward wounds, thrusts or cuts in the body or bowels; and is of special service in all wound drincks, and for those that are liver grown (as they call it.) It is wonderful in curing all manner of ulcers and sores, whether new and fresh, or old and inveterate. The leaves, bruised and applied, or their juice used to wash and bathe the place, or the same made into a lotion, with some honey and alum. It cures all sores in the mouth and gums, be they ever so foul, or of long standing; and it works no less powerfully and effectually for such ulcers and sores as happen in the secret parts of men or women. When taken inwardly, or outwardly applied, it helps those that have broken any bone, or have any limb out of joint. An ointment made with the leaves of bugle, scabions, a sanicle, bruised and boiled in hog's grease, until the herbs are dry, and then strained into a pot, it is excellent for all sorts of wounds of the body, so that none who know its usefulness will be without it.

## BURNET.

Heart, Liver, Bleeding, to stop the Terms and Whites, Ulcers, Cankers, Fluxes.

*Description.*—The wild burnet has winged leaves rising from the roots, like the garden burnet, but not so many; yet each of these leaves are, at the least, twice as large as the other, and nicked in the same manner about the edges, and is of a greyish color on the under side; the stalks are greater and rise higher, with many similar leaves set thereon, and greater heads at the top, of a brownish color, and out of them come small dark purple flowers, like the former, but greater.

*Place.*—The first grows frequently in gardens. The wild kind grows in many countries.

*Time.*—They flower about the end of June or the first of July, and their seed is ripe in August.

*Government and virtues.*—This is an herb the sun challenges dominion over, and is a most precious herb little inferior to betony; its continual use preserves the body in health, and the spirits in vigor; for, if the sun be the preserver of life under God, so his herbs are the best in the world to do it. It is a friend to the heart, liver and other principal parts of a man's body. Two or three of the stalks, with leaves put into a cup of wine, especially claret, are known to quicken the spirits, refresh and clear the heart, and drive away melancholy. It is a special help to defend the heart from noisome vapors, and from infection of the pestilence, the juice being taken in some drink, and the patient laid to sweat. They have, also, a drying and astringent quality, whereby they are available in all manner of fluxes of blood or humors, to stanch bleedings, inward or outward, lasks, scourgings, the bloody flux, women's too abundant flow of courses, the whites, and the choleric belchings and castings of the stomach, and is a singular wound herb for all sorts of wounds, both of the head and body, either inward or outward; for all old ulcers, running cankers, and most sores, to be used either by the juice or decoction of the herb, or by the

powder of the herb or root, or the water of the distilled herb or ointment by itself, or with other things to be kept. The seed is also no less effectual both for the fluxes, and to dry up moist sores, being taken in powder, inwardly, in wine, or steeled water, that is, wherein hot gads or steel have been quenched; or the powder or the seed mixed with the ointments.

#### BURDOCK.

This herb is so well known that it needs no description.

*Government and virtues.*—Venus challenges this herb for her own, and by its leaf and seed you may draw the womb which way you please, either upwards, by applying it to the crown of the head, in case it falls out; or downwards, in the fit of the mother, by applying it to the soles of the feet; or, if you would stay it in its place, apply it to the navel, and that is one good way to stay the child in it. The burdock leaves are cooling, moderately drying, and discussing withal, whereby it is good for old ulcers and sores. A drachm of the roots taken with pine kernels helps them that spit foul, mattery, and bloody phlegm. The leaves applied to the places, troubled with the shrinking of the sinews or arteries, give much ease. The juice of the leaves, or rather the roots themselves, given to drink with old wine, wonderfully helps the biting of any serpents. And the root beaten with a little salt, and laid on the place, suddenly eases the pain thereof, and helps those that are bitten by a mad dog. The juice of the leaves being drank with honey, provokes urine, and remedies the pain of the bladder. The seed being drank in wine forty days together, wonderfully helps the sciatica. The leaves bruised with the white of an egg, and applied to any place burnt with fire, takes out the fire, gives sudden ease and heals it up afterwards. The decoction of them, fomented on any fretting sore or canker, stays the corroding quality, which must be afterwards anointed with an ointment made of the same liquor, hog's grease nitre and vin-

egar boiled together. The roots may be preserved with sugar, and taken fasting, or at other times, for the same purpose, and for consumptions, the stone and the lask. The seed is often recommended to break the stone and cause it to be expelled by urine, and is often used with other seeds and things to that purpose.

#### CAMOMILE.

It is so well known everywhere, that it is losing time and labor to describe it. The virtues thereof are as follows, viz :—A decoction made of camomile, and drank, takes away all pains and stitches in the side. The flowers of camomile beaten, and made up into balls with gil, drive away all sorts of agues, if the part grieved be anointed with that oil taken from the flowers, from the crown of the head to the sole of the foot; and afterwards the patient should be laid to sweat in his bed, and that he sweat well. It is excellent for all sorts of agues that come either from phlegm or melancholy, or from an inflammation of the bowels, being applied when the humors causing them shall be concocted, and there is nothing more profitable to the sides and region of the liver and spleen.

The bathing with a decoction of camomile, takes away weariness, and eases pains to whatever part of the body they may be applied. It comforts the sinews that are overstrained, mollifies all swellings. It is good for all parts that have need of warmth, digests and dissolves whatsoever has need, by a wonderful speedy property. It eases all the pains of the colic and stone, and all pains and torments of the belly, and gently provokes urine. The flowers boiled in posset-drink causes sweat and helps to expel all colds, aches and pains whatsoever, and is an excellent remedy to bring down women's courses. Syrup made of the juice of camomile, with the flowers in white wine, is a remedy against the jaundice and dropsy. The flowers boiled in lye are good to wash the head and brain. The oil made of the flowers of camomile, is

much used against all hard swellings, pains or aches, shrinking of the sinews or cramps, or pains in the joints, or any other part of the body. Being used in clysters, it helps to dissolve the wind and pains in the belly ; anointed also, it helps stitches and pains in the sides. The syrup made of the juice of it and sugar, taken inwardly, is excellent for the spleen. Also this is certain, that it most wonderfully breaks the stone. Some take it in syrup or decoction, others inject the juice of it into the bladder with a syringe. It is excellent for the stone.

#### CARDUUS BENEDICTUS.

Jaundice, Teters, Boils and Urine.

*Time.*—They flower in August, and seed not long after.

*Government and virtues.*—It is an excellent remedy for the yellow jaundice, and other infirmities of the gall. The continual drinking of the decoction, helps red faces, teters, and ringworms. It is good for the plague, sores, boils and itch. It is excellent for swimmings and giddiness of the head. It strengthens the memory and cures deafness. Also, it provokes urine.

#### CARROTS.

Wind, provokes Urine, Stone, Colic, Barrenness and Dropsy.

Garden carrots are so well known, that they need no description ; but because they are of less physical use than the wild kind, I shall, therefore, briefly describe the wild carrot.

*Description.*—It grows in a manner altogether like the tame, except that the leaves and stalks are somewhat whiter and rougher. The stalks bear large tufts of white flowers, with a deep purple spot in the middle, which are contracted when the seed begins to ripen, the middle part being hollow and low, and the outward stalk rising high, makes the whole umbel show like a bird's nest. The roots small, long and hard, and unfit for meat, being somewhat sharp and strong.

*Place.*—The wild kind grows in many parts of this land plentifully by the field sides, and untilled places.

*Time.*—They flower and seed the last of summer.

*Government and virtues.*—Wild carrots are good to break wind, and remove stitches in the sides, provoke urine and women's courses, and help to break and expel the stone; the seed also of the same works the like effect, and are good for the dropsy, and those whose bellies are swollen with wind; helps the colic, the stone in the kidneys, and rising of the mother; being taken in wine, or boiled in wine and taken, it assists conception. The leaves when applied with honey to running sores or ulcers, cleanses them.

#### CARAWAY.

Wind, Dysury, Head, Stomach, Bowels, Mother, Bruises.

*Government and virtues.*—Caraway seed has a moderate sharp quality, whereby it breaks wind and provokes urine, as also does the herb. The root is better food than the parsnip; it is pleasant and comfortable to the stomach, and helps digestion. The seed are conducive to all cold pains of the head and stomach, bowels or mother, as also the wind in the stomach, and helps to sharpen the eyesight. The powder of the seed put into a poultice, takes away black and blue spots of blows and bruises. The herb itself, or with some of the seed bruised and fried, laid hot in a bag or double cloth, on the lower parts of the belly, eases the pains of the wind and colic.

Caraway confects, once only dipped in sugar, and half a spoonful of them eaten in the morning fasting, and as many after each meal, is a most admirable remedy for those that are troubled with wind.

#### CELANDINE.

Liver and Gall, Jaundice, Dropsy, Ulcers, Cancers, Mother, Beauty Lost.

*Description.*—This has many tender, round, and whitish green stalks, with greater joints, or as it were knees, than are ordinary in other herbs, very brittle and easy to break, whence grow branches, with large tender broad leaves, divided into many

parts, each of them cut in on the edges, set at the joint on both sides of the branches, of a dark and blueish green color, on the upper side like columbines, and of a more pale blueish green underneath—full of yellow sap, when any part is broken, of a bitter taste, and strong scent. At the flowers of four leaves a piece, after which come small long pods, with blackish seed therein. The root is somewhat great at the head, shooting forth many long roots, and small strings, reddish on the outside, and yellow within, full of yellow sap therein.

*Place.*—They grow in many places by old walks, hedges and way-sides, in un-tilled places; and being once planted in a garden, especially in some shady place, they will remain there.

*Time.*—They flower all the summer long, and the seed ripens in the mean time.

*Governement and virtues.*—The herb or root boiled in white wine and drank, a few anniseeds being boiled therewith, opens obstructions of the liver and gall, helps the yellow jaundice, and often using it, is good for the dropsy, and those that have old sores in their legs, or other parts of the body. The juice taken fasting, is held to be of singular good use for the pestilence. The distilled water, with a little sugar and a little good treacle mixed, has the same effect. The juice also dropped in the eyes, cleanses them from films and cloudiness, which darkens the sight; but it is best in using it, to allay the sharpness of the juice with a little breast milk. It is good for old filthy ulcers wherever situated, to stay their malignity of fretting and running, and to cause them to heal more speedily. The juice often applied to tetter, or other spreading cankers, will quickly heal them; and rubbed often upon warts, will drive them away. The herb, with the roots bruised with oil of camomile, and applied to the navel, takes away the griping pains in the belly and bowels, and all the pains of the mother; and applied to women's breasts, stays too much flowing of the courses. The juice or decoction of the herb, gargled in the mouth, eases

pain of the teeth; and the powder of the dried root laid upon any aching, hollow, or loose tooth, will cause it to fall out. The juice, mixed with some powder of brimstone, is not only good for the itch, but takes away all discolorings of the skin whatever.

#### CHERRY TREE.

*Government and virtues.*—The inner bark of the cherry tree has a spicy, bitter taste; it loses its strength by keeping, and should, therefore, be employed in the first state. Either hot or cold water extracts its properties, affording a reddish color. This bark is an agreeable tonic, and is used in dyspepsia, ague and fever, jaundice, diarrhoea, worms, and female complaints or obstructions. The gum of the cherry tree, dissolved in wine, is good for a cold, cough, and hoarseness of the throat; sharpens the eyesight, provokes appetite and helps to break the stone. The black cherries bruised with the stones and dissolved, the water of which is much used to break the stone, expel gravel and wind.

#### WINTER CHERRIES.

Inflammations, Ulcers in the Reins and Bladder, Urinating Blood, Sharpness of Urine.

*Description.*—The winter cherry has a running or creeping root in the ground, of the bigness of many times one's little finger; shooting forth at several joints in several places, whereby it quickly spreads over a great compass of ground. The stalk rises not above a yard high, whereon are set many broad and long green leaves, somewhat like nightshade, but larger; at the joints come forth whitish flowers of five leaves a piece, which afterwards turn into green berries, inclosed with thin skins, and which change to a reddish color when they grow ripe; the berries likewise are reddish, and as large as a cherry, wherein are contained many flat and yellowish seeds lying within the pulp, which being gathered and strung up, are kept all the year.

*Government and virtues.*—The leaves being cooling, may be used in inflammations; but they are not

so opening as the berries. They provoke urine, expel the stone and gravel out of the reins, kidneys and bladder, and also help much to cleanse inward wounds or ulcers in the reins or bladder, or those that void a bloody and foul urine. The distilled water of the fruit, or the leaves together with them, or the berries green or dry, distilled with a little milk and drank morning and evening with a little sugar, is effectual for all the purposes before specified, and especially for the heat and sharpness of the urine. I shall only mention one way, among many others, which might be used for taking the berries, to be good for the urine and stone:—Take three or four good handfuls of the berries, either dry or green, and having bruised them, make them into a drink; taken daily, they have been found to do much good, both to ease the pains and expel urine and the stone; and also cause the stone not to engender. The decoction of the berries in wine and water is the most usual way; but the powder of them in drink is more effectual.

#### CHICKWEED.

Hot Liver, Red Face, Scabs, Cramp, Red Eyes and Sinews.

It is so well known, that I shall not write a description of it.

*Place.*—It is usually found most in watery places, by woodside.

*Time.*—It flowers about June, and the seed is ripe in July.

*Government and virtues.*—It is found to be as effectual as purslain for all the purposes of that herb. The herb bruised, or the juice applied with cloths or sponges dipped therein, to the region of the liver, (and as they dry, have it fresh applied,) wonderfully temperates the heat of the liver, and is effectual for all swellings whatsoever, for all redness in the face, wheals, pushes, itch and scabs; the juice, either simply used, or boiled with hog's grease and applied, helps cramps, convulsions and palsy. The juice, or distilled water, is good for all heats and redness of the eyes, when dropped into them; as also into the

ears, to ease pains ; and it has a good effect in easing pains from the heat and sharpness of the blood in the piles ; and generally all pains in the body that arise from heat. It is used also in hot and virulent ulcers and sores in the privy parts of men and women, or on the legs, or elsewhere. The leaves boiled with marsh-mallows, and made into a poultice with linseed oil, and applied to swellings and the like, ripen and break them, or assuage the swellings and ease the pains. It helps the sinews when they are shrunk by cramps, or otherwise, and to extend and make them pliable again. Boil a handful of chickweed, and a handful of red rose leaves dried, in a quart of mas-cadine, until a fourth part be consumed ; then put to them a pint of oil of sheep's feet ; then let them boil a good while, and stir them well ; after being strained, anoint the affected place therewith, by a warm fire, and rub it well with the hand ; then bind some of the herb on the place, and it will help it in two or three times dressing.

#### FIVE-FINGER GRASS.

Fevers, Ulcers, Cankers, Jaundice, Flux, Terms Stops, Whites, Hoarseness, Cough, St. Anthony's Fire, Gout, Bleeding.

*Description.*—It spreads and creeps far upon the ground, with long slender strings, like strawberries, which take root again, and shoot forth many leaves made of five parts, and sometimes of seven, dented about the edges, and somewhat hard. The stalks are slender, leaning downwards, and bear many small yellow flowers, with some yellow threads in the middle, standing about a smooth green head, which, when it is ripe, is a little rough, and contains small brownish seed. The root is of a blackish brown color, as big as one's little finger, but growing long, with some threads attached ; and by the small strings it quickly spreads over the ground.

*Place.*—It grows by wood-sides, hedge-sides, the pathway in fields, and in the borders and corners of them, almost through all this country.

*Time.*—It flowers in summer, some sooner, some later.

*Government and virtues.*—It is an especial herb, used in all inflammations and fevers, whether infectious or pestilential; or with other herbs to cool and temper the blood and humors of the body. As also for all lotions, gargles, infections, and the like; for sore mouths, ulcers, cancers, fistulas, and other corrupt, foul, or running sores. The juice drank, about four ounces at a time, for several days together, cures the quinsy and yellow jaundice; and taken for thirty days together, cures the falling sickness. The roots boiled in milk and drank, is a more effectual remedy for all fluxes in man or woman, whether the white or red, as also the bloody flux; boiled in vinegar, and the decoction held in the mouth, eases the pains of the teeth. The juice or decoction taken with a little honey, helps the hoarseness of the throat, and is very good for the cough of the lungs. The distilled water of both roots and leaves is also effectual for all the purposes aforesaid; and if the hands are often washed with it, and suffered to dry without wiping, it will, in a short time, help the palsy or shaking of them. The root boiled in vinegar, helps all knots, kernels, hard swellings, and lumps, growing in any part of the flesh, when applied to them; as also inflammations, and St. Anthony's fire, all imposthumes, and painful sores caused by heat or putrefaction; the shingles also, and all other sorts of running and foul scabs, sores, and itch. The same also boiled in wine, and applied to any joints full of pain, ache, or the gout in the hands or feet, or the hip gout, and the decoction drank the while, cures them, and eases pain in the bowels. The roots are likewise effectual to help ruptures, being used with other things available for that purpose, taken either inwardly or outwardly, or both; as also for bruises or hurts by blows, falls, or the like, and to stay the bleeding of wounds in any parts inward or outward.

## CLARY OR CLEAR EYE.

Eyes Swellings, Inflammations, Splinters, Thorns, Boils, Felons, Lust, Terms.

*Description.*—Our ordinary garden clary, has four square stalks, with broad, rough, wrinkled, whitish, or hairy green leaves, somewhat evenly cut in on the edges, of a strong sweet scent, growing, some near the ground, and some by couples upon stalks. The flowers grow at certain distances, with two small leaves at the joints under them, somewhat like the flowers of sage, but smaller, and of a whitish blue color. The seed are brownish, and somewhat flat, or not so round as the wild. The roots are blackish, and spread not far, and perish after the seed time. It is usually sown, for it seldom rises of its own seeding.

*Place.*—This grows in gardens.

*Time.*—It flowers in June and July, some a little later than others; the seed is ripe in August, or thereabouts.

*Government and virtues.*—The seed put into the eyes clears them from motes and such like things within the lids to append them, and also clears them from white and red spots. The mucilage of the seed made with water, and applied to tumors, or swellings, disperses and takes them away; and also draws forth splinters, thorns, or other things in the flesh. The leaves used with vinegar, either by itself, or with a little honey, helps boils, felons, and the hot inflammations that are gathered by their pains, if applied before it be too great. The powder of the dried root put into the nose provokes sneezing, and thereby purges the head and brain of much rheum and corruption. The seeds or leaves, taken in wine, provokes to venery. It is of much use both for men and women that have weak backs, and helps to strengthen the reins; used either by itself, or with other herbs conducing to the same effect, and in tansies often. The fresh leaves dipped in a batter of flour, eggs, and a little milk, and fried in butter, and served to the

table, is not unpleasant, but exceedingly good for those that are troubled with weak backs, and the effects thereof. The juice of the herb put into ale or beer, and drank, brings down women's courses, and expels the after-birth.

### CLEAVERS.

Jaundice, Flux, Bloody Flux, Ulcers, King's Evil, Pain in the Ears.

It is also called goose grass, and cleavers.

*Description.*—The common cleavers have many very rough square stalks, not so big as the top of a point, but rising up to be two or three yards high sometimes, if it meet with any tall bushes or trees, on which it may climb, yet without any claspers, or else much lower, and lying on the ground, full of joints; at every one of them shoots forth a branch, besides the leaves, which are usually six, set in a round compass like a star, or a rowel of a spur. From between the leaves, or the joints towards the top of the branches, come forth very small white flowers, at every end, upon small thready foot stalks, which after they have fallen, there show two small round and rough seeds joined together like two testicles; which, when they are ripe, grow hard and whitish, having a little hole on the side, something like a navel. Both stalks, leaves, and seeds are so rough, that they will cleave to anything that may touch them. The root is small and spreads much in the ground, but dies every year.

*Place.*—It grows by the hedge and ditch sides in many places, is a troublesome inhabitant in gardens, and is ready to choke whatever grows near it.

*Time.*—It flowers in June or July, and the seed is ripe and falls in the end of July or August, from whence it springs up again, and not from the old roots.

*Government and virtues.*—The juice of the herb and the seed together taken in wine, helps those bitten with an adder, by preserving the heart from the venom. It is familiarly taken in broth to keep those lean and lank, that are apt to grow fat. The

distilled water drank twice a day, helps the yellow jaundice, and the decoction of the herb, by experience, is found to do the same, and stays lasks and bloody fluxes. The juice of the leaves, if a little bruised and applied to fresh wounds, stays bleeding. The juice also is very good to close up the lips of green wounds; and the powder of the dried herb strewed thereupon does the same, and likewise helps old ulcers. When boiled in hog's grease, it helps all sorts of hard swellings or kernels in the throat, if anointed therewith. The juice dropped into the ears, takes away the pains in them. It is a good remedy in the spring, eaten in water-gruel, to cleanse the blood, and strengthen the liver, and keep the body in health, and fitting it for that change of season that is coming.

#### COLUMBINES.

Jaundice, Sore Mouth and Throat, Women's Travail.

These are so well known, growing almost in every garden, that it is needless to give a description.

*Time.*—They flower in May, and do not abide, for the most part, when June is past; they perfect their seed in the meantime.

*Government and virtues.*—The leaves of the columbine are commonly used in lotions with good success, for sore mouths and throats. A dose of the seed taken in wine, with a little saffron, opens obstructions of the liver, and is good for the yellow jaundice, if the person after taking it be laid to sweat in bed. The seed, also, taken in wine, causes a speedy delivery of women in child-birth; if one draught is not sufficient, let them drink the second, and it will be effectual.

#### COLTSFOOT.

Cough, Wheezing, or Shortness of Breath, Agues, St. Anthony's Fire, Piles and Privates.

*Description.*—This shoots up a slender stalk, with small, yellowish flowers, somewhat earlier, which fall away quickly, and after they are past, come up rather round leaves, sometimes dented about the edge,

much less thicker and greener than those of butterbur, with a little down or frieze over the green leaf on the upper side, which may be rubbed away, and whitish or mealy underneath. The root is small and white, spreading much under ground, so that where it takes it will hardly be driven away again, if any little piece be left therein; and from thence spring fresh leaves.

*Place.*—It grows as well in wet grounds as in dry places.

*Time.*—It flowers in the end of February; the leaves begin to appear in March.

*Government and virtues.*—The fresh leaves or juice, or a syrup thereof is good for a hot, dry cough, or wheezing, and shortness of breath. The dry leaves are best for those that have thin rheums and distillations upon their lungs, causing a cough, for which also the dried leaves taken as tobacco, or the root, is very good. The distilled water simply, or with elder flowers and nightshade, is a very good remedy for all hot agues; to drink two ounces at a time, and apply cloths wet in it to the head and stomach; also does much good to any hot swellings and inflammations. It helps St. Anthony's fire and burnings, and is good to take away wheals and small pushes that arise through heat; as also the burning heat of the piles, or privy parts, cloths wet therein and applied.

#### COMFREY.

Inward Wounds, Spitting Blood, Flux, Terms, Stops Whites, Broken Bones, Gout, Pained Joints and Gangrenes.

*Description.*—The common great comfrey has many very large, hairy, green leaves, lying on the ground, so hairy or prickly, that if they touch any tender part of the hands, face, or body, it will cause it to itch; the stalk that rises from among them, being two or three feet high, hollow and cornered, is very hairy, also having many such like leaves as grow below, but less and less up to the top. At the joints of the stalks it is divided into many branches, with some leaves thereon, and at the ends stand many flowers, in order, one above another, which are some-

what long and hollow, like the finger of a glove, of a pale, whitish color; after which come small, black seeds. The roots are great and long, spreading large, thick branches under ground, black on the outside, and whitish within, short and easy to break, and full of glutinous, or clammy juice, of little or no taste at all.

*Place.*—They grow by ditches and water-sides, and in fields that are moist, where they chiefly delight to grow. The first generally through all the country, and the other but in some places.

*Time.*—They flower in June or July, and give their seed in August.

*Government and virtues.*—The great comfrey helps those that spit blood, or make a bloody urine. The root boiled in water or wine, and the decoction drank, is good for all inward hurts, bruises, wounds, ulcers of the lungs, and causes the phlegm that oppresses to be easily spit forth. It helps the defluxion of rheum from the head upon the lungs; the fluxes of blood or humors of the belly, women's courses, as well the reds as the whites, and the running of the reins, happening by whatever cause. A syrup made of it is very effectual for all those inward pains and hurts, and the distilled water is good for the same purpose also, and for outward wounds and sores in all the fleshy or sinewy parts of the body, as also to cure the fits of agues, and to allay the sharpness of humors. A decoction of the leaves is available for all of the above purposes, though not so effectual as the roots. The roots being outwardly applied, help fresh wounds or cuts immediately, when bruised and laid thereto; and it is especially good for ruptures and broken bones. It is also good to be applied to women's breasts that grow sore by the abundance of milk coming into them. The roots of comfrey taken fresh, beaten small, and spread upon leather, and laid upon any place troubled with the gout, will presently give ease to the pains; and applied in the same manner gives ease to pained joints, and is excellent for running and moist ulcers, gangrenes, mortifications, and

the like, for which it has, by long experience, been found useful.

#### CORALWORT, OR VIOLET.

Dysury, Stone, Gravel, Breast, Lungs, Bowels, Fluxes and Ulcers.

*Description.*—Of the many sorts of this herb two of them may be found growing in this country; the first of which shoots forth one or two winged leaves, upon long, brownish footstalks, which are doubled down at their first coming out of the ground; when they are fully opened they consist of seven leaves, most commonly of a sad, green color, dented about the edges, set on both sides of the middle rib, one against another, as the leaves of the ash tree; the upper half bears sometimes three or four, each consisting of five leaves, sometimes of three; on the top stand four or five flowers upon short foot-stalks with long husks; the flowers are much like the flowers of stock gilliflowers, of a pale, purplish color, consisting of four leaves apiece, after which come small cods, which contain the seed; the root is very smooth, white, and shining; it does not grow downwards, but creeps along under the upper crust of the ground, and consists of many small round knobs set together; towards the top of the stalk there grows some single leaves, by each of which comes a small cloven bulb, which, when it is ripe, if set in the ground, will grow to be a root.

As for the other coralwort which grows in this land, it is more scarce than this, being a very small plant, much like crowfoot, therefore some think it to be one of the sorts of crowfoot. I know not where to direct you to it, therefore I shall forbear the description.

*Time.*—They flower from the latter end of April to the middle of May, and before the middle of July they are gone.

*Government and virtues.*—It cleanses the bladder, and provokes urine, expels the gravel and stone; it eases pain in the side and bowels; it is excellent for inward wounds, especially such as are made in the breast or lungs, when taken in a dram of the powder of the root every morning in wine; the same is

also good for ruptures, as also to stop fluxes; an ointment made of it is likewise good for wounds and ulcers, for it soon dries up the watery humors which hinder the cure.

#### HERB ROBERT.

Stone, Bleeding, Ulcers, Privates, Terms Wounds.

*Description.*—It rises up with a reddish stalk, two feet high, having many leaves thereon, upon very long and reddish footstalks, divided at the end into three or five divisions, each of them cut in on the edges, some deeper than others, and all dented about the edges, which sometimes turn reddish. At the tops of the stalks come forth many flowers, made of five leaves, much larger than the dove's foot, and a more reddish color; after which come back heads, as in others. The root is small and thready, and smells as the whole plant, very strong, almost offensive.

*Place.*—This grows frequently everywhere by the way-sides, upon ditch banks, and waste ground.

*Time.*—It flowers in June and July chiefly, and the seed is ripe shortly after.

*Government and virtues.*—Herb Robert is recommended not only for the stone, but to stay blood where or however flowing; it speedily heals all green wounds, and is effectual in old ulcers in the privy parts or elsewhere. You may persuade yourself this is true, and also conceive a good reason for it, for it has a man's name.

#### CUDWEED, OR COTTONWEED.

Fluxes, Terms, Ruptures, Worms, Bleeding, Ulcers and Quinsy.

*Description.*—The common cudweed rises up with one stalk, and sometimes with two or three, thick set on all sides, with small, long and narrow, whitish, or woody leaves; from the middle of the stalk almost up to the top; with every leaf stands a small flower of a dim or brownish yellow color, or not so yellow as others; in which herbs, after the flowers have fallen, come small seed, wrapped up with the down therein, and is carried away with the wind; the root is small and thready.

*Place.*—They grow in dry, barren, sandy, and gravelly grounds, in most places of this land.

*Time.*—They flower about July, some earlier, some later, and their seed is ripe in August.

*Government and virtues.*—The plants are all astringent, binding, or drying, and therefore good for defluxions of rheum from the head, and to stay fluxes of blood, when the decoction is made with red wine and drank, or the powder taken therein. It also helps the bloody flux, and eases the torments that come thereby, stays the immoderate courses of women, and is also good for inward or outward wounds, hurts and bruises. It is good for children both for ruptures and worms, and being either drank or injected for the disease called tenesmus, which is an often provocation to the stool without effect. The green leaves bruised, and laid on any green wound, stops the bleeding, and heals it quickly. The juice of the herb taken in wine and milk, is a sovereign remedy for the mumps and quinsy.

#### CUCUMBERS.

Stomach, Hot Liver, Raw Skin, Provokes Urine, Ulcers in the Bladder, Sun-Burning, Freckles, Morphew.

*Government and virtues.*—They are excellent for a hot stomach and hot liver; the immoderate use of them fills the body full of raw humors; and so indeed the same use of any thing else does great harm. They cleanse the skin of the face, when washed in the juice, and they are excellent for hot rheums in the eyes; the seed also are excellent to provoke urine and cleanse the passages thereof, when they are stopped; and there is not a better remedy for ulcers in the bladder than cucumbers. The usual course is to use the seeds in emulsions, as they make almond milk; but a far better way, in my opinion, is this:—When the proper season of the year arrives, take the cucumbers and bruise them well, and distil the water from them; then let such as are troubled with ulcers in the bladder drink no other drink. The face being washed with the same water, will be cured, however

red it may be. It is also excellent for sun-burning, freckles and morphew.

#### DAISIES, OR WHITEWEED.

Wounds, inward or outward, Liver, Breasts, Ulcers, Bruises, Inflammation.

These are so well known to every child, that I suppose it is needless to write any description of them.

*Goverment and virtues.*—This herb is excellent for wounds in the breast, and very fitting to be kept both in oils, ointments, and plasters, and also in syrup. The great wild daisy is a wound herb of good repute, often used in those drinks or salves that are for wounds, either inward or outward. The juice, or distilled water of the large or small daisy, does much temper the heat and choler, and refresh the liver, and the other inward parts. A decoction made of them, and drank, helps to cure the wounds made in the hollowness of the breast. It also cures all ulcers and pustules in the mouth or tongue, or in the secret parts. The leaves bruised and applied to the cods, or to any other parts that are swollen and hot, dissolves it, and tempers the heat. A decoction made thereof, of wallwort and agrimony, and the places fomented or bathed therewith warm, gives great ease to them that are troubled with the palsy, sciatica, or the gout. The same also disperses and dissolves the knots or kernels that grow in the flesh of any part of the body, and bruises and hurts that come of falls and blows. It is also used for ruptures, and other inward burnings, with very good success. An ointment made thereof wonderfully helps all wounds that have inflammations about them, or by reason of moist humors, having access to them, are kept long from healing; and such are those, for the most part, that happen to the joints of the arms or legs. The juice of them dropped into running eyes does much to help them.

## DANDELIONS.

Cleanses Gall, Jaundice, Melancholy, Consumption, Spleen, Agues.

This herb is so well known that it needs no description.

*Government and virtues.*—It is of an opening and cleansing quality, and therefore very effectual for the obstructions of the liver, gall and spleen, and the diseases that arise from them, as the jaundice and hypochondriac; it opens the passages of the urine, both in young and old; powerfully cleanses impostumes and inward ulcers in the urinary passage, and by its drying and temperate quality afterwards heals them; for which purpose the decoction of the roots or leaves in white wine, or the leaves chopped as pot herbs, with a few alisanders, and boiled in their broth, are very effectual; and whoever is drawing towards a consumption, or any other indisposition of the whole body. It helps also to procure rest and sleep to bodies distempered by the heat of ague fits, or otherwise. The distilled water is effectual to drink in pestilential fevers, and to wash the sores.

## DEVIL'S BIT.

Fevers, Bruises, Clotted Blood, Throat, Dandruff, Pimples, Freckles.

*Description.*—This rises up with a round, green, smooth stalk, about two feet high, set with many long and rather narrow, smooth, dark-green leaves, somewhat nipped about the edges, for the most part; being otherwise all whole, and not divided at all, or but very seldom, even to the tops of the branches, which yet are smaller than those below, with one rib only in the middle. At the end of each branch stands a round head of many flowers set together in the same manner, or more neatly than scabious, and of a more bluish purple color, which being past, there follow seed that falls away. The root is somewhat thick, but short and blackish with many strings, abiding after seed time many years.

*Time.*—They flower not usually until August.

*Government and virtues.*—The plant is veneral,

pleasing, and harmless. The herb, or the root, being boiled in wine, and drank, is very powerful against the plague, and all pestilential diseases or fevers. It helps also those that are inwardly bruised by any casualty, or outwardly by falls or blows, by dissolving the clotted blood; and the herb or root beaten and outwardly applied, takes away the black and blue marks that remain on the skin. The decoction of the herb with honey of roses put therein, is very effectual to help the inveterate tumors and swellings of the almonds and throat, by often gargling the mouth therewith. It helps also to procure women's courses, and eases all pains of the mother, and to break and disperse wind therein, and in the bowels. The powder of the root taken in drink, drives forth the worms in the body. The juice or distilled water of the herb is effectual for green wounds, or old sores, and cleanses the body inwardly, and the seed outwardly from sores and scurf, pimples, freckles, morphew, or other deformities, especially if a little vitriol be dissolved therein.

#### DOCK.

Cleanse the Blood, Loathing of Meat, Spitting Blood, Itch, Freckles.

Many kinds of these are so well known that I shall not trouble you with a description.

*Government and virtues.*—The red dock, which is commonly called bloodwort, cleanses the blood, and strengthens the liver; but the yellow doekroot is best to be taken when either the blood or liver is affected by choler. All of them have a kind of cooling drying quality, the sorrel being most cold, and the bloody-worts most drying. Of the burdock I have spoken already by itself. The seed of most of the other kinds, whether the garden or field, stays lasks and fluxes of all sorts, the loathing of the stomach through choler, and is useful for those that spit blood. The roots boiled in vinegar helps the itch, seabs, and breaking out of the skin, if bathed therewith. The distilled water of the herb and roots have the same virtue, and cleanses the skin from freckles, morphews, and all other spots and discolorings.

## DOVES-FOOT, OR CRANES-BILL.

Colic, Gravel, Congealed Blood, Ulcers, Gout, Sinews.

*Description.*—This has many small, round, pale green leaves, cut in about the edges, much likemallows, standing upon long, reddish, hairy stalks, lying in a round compass upon the ground; among which rise up two, three, or more, reddish jointed, slender, weak, hairy stalks with like leaves thereon, but smaller, and more cut in up to the tops, where grow many very small bright-red flowers of five leaves a piece; after which follow small heads, with small short beaks pointed forth, as all other sorts of those herbs do.

*Place.*—It grows in pasture grounds, and by the path sides in many places, and also in gardens.

*Time.*—It flowers in June, July, and August, some earlier and some later; and the seed is ripe soon after.

*Government and virtues.*—It is found by experience to be good for the wind colic, as also to expel the stone and gravel in the kidneys. The decoction in wine, is an excellent cure for those that have inward wounds, hurts, or bruises, both to stay the bleeding, to dissolve and expel the congealed blood, and to heal the parts; as also to cleanse and heal outward sores, ulcers, and fistulas, and for green wounds; many only bruise the herb, and apply it to the place, and it heals them immediately. The same decoction in wine fomented and applied to any place pained with the gout, or joint aches, or pains of the sinews, gives much ease. The powder or decoction of the herb taken for some time together, is found by experience to be good for ruptures in people either young or old.

## DOWN, OR COTTON THISTLE.

Wryneck, Spasms, Convulsions.

*Description.*—This has large leaves lying on the ground, somewhat cut in, and, as it were, crumpled on the edges, of a green color on the upper side, but

covered with long hairy wool, or cotton down, set with sharp and severe pricks; from the middle of whose heads of flowers, thrust forth many purplish crimson threads, and sometimes white ones. The seed that follows in the head, lying in a great deal of white down, is somewhat large, long, and round, like the seed of ladies' thistle, but somewhat paler. The root is great and thick, spreading much, and usually dies after seed-time.

*Place.*—It grows in ditches, banks, and in corn-fields and highways, and almost everywhere.

*Time.*—It flowers and bears seed about the end of summer, when other thistles flower and seed.

*Government and virtues.*—The leaves and roots taken in drink, help those that have a crick in the neck, so that they cannot turn their neck, but their whole body must turn also. The root and leaves are of a heating quality, and good for such persons as have their bodies drawn together by some spasm or convulsions, as it is with children that have the rickets.

#### DWARF ELDER, OR PIGEON WEED.

Phlegm, Dropsy, Terms, Provokes Urine, Headache, Freckles.

*Description.*—This is but an herb every year, dying with the stalks to the ground, and rising fresh every spring; and is like the elder, both in form and quality, rising up with a square, rough, hairy stalk, four feet high, sometimes more. The winged leaves are somewhat narrower than the elder, but otherwise like them. The flowers are white, with a dash of purple, standing in umbels, much like the elder also, but more sweet in scent; after which come small blackish berries, full of juice while they are fresh, wherein is small hard kernels, or seeds. The roots creep under the upper crust of the ground, springing in many places, being sometimes about the bigness of one's finger or thumb.

*Place.*—The elder tree grows in hedges, when planted there to strengthen the fences and partitions of ground, and to hold the banks by ditches, and water courses.

**Time.**—Most of the elder trees flower in June, and the fruit is ripe, for the most part, in August. But the dwarf elder flowers somewhat later, and the fruit is not ripe until September.

*Government and virtues.*—The first shoots of the common elder, boiled in fat broth, mightily carries forth phlegm and choleric. The middle or inward bark boiled in water, and given in drink, works much more violently; and the berries, either green or dry, expel the same humor; and are often given with good success for the dropsy; the bark of the root boiled in wine, or the juice drank, works the same effects, but more powerfully than either the leaves or fruit. The juice of the root taken, greatly procures vomitings, and purges the watery humors of the dropsy. The decoction of the root taken cures the bite of an adder, or a mad dog. It mollifies the hardness of the mother, if women sit in it, and opens their veins, and brings down their courses. The berries boiled in wine performs the same effect; and the hair of the head washed in it is made black. The juice of the green leaves applied to hot inflammations of the eyes assuages the pain, and if snuffed up the nostrils, purges the tunics of the brain. The juice of the berries boiled with honey, and dropped into the ears helps the pains in them. The decoction of the berries, in wine, when drank, provokes urine. The distilled water of the flowers, is of much use to clean the skin from sun-burning, freckles, morphia, and the like; and cures the headache, caused by a cold, the head being bathed therewith. The leaves or flowers distilled in the month of May, and the legs often washed with the water, takes away the ulcers and sores on them. The eyes washed therewith, are cured of redness and bloodshot; and the hands also washed morning and evening receive benefit when affected by palsy and shaking. The dwarf elder is more powerful than the common elder in opening and purging choleric, phlegm, and water; in helping the gout, piles, and women's diseases; colors the hair black; helps the inflammations of the eyes, and pains

in the ears; the biting of serpents, or mad dogs; burnings and scaldings; the wind colic, and colic and stone; the difficulty of urine; the cure of old sores, and fistulous ulcers. Either leaves or bark of elder, stripped upwards, as you gather it, causes vomiting.

#### THE ELM TREE.

Scurf, Leprosy, Beauty, Gout, Swellings.

This tree is so well known that it is needless to describe it.

*Government and virtues.*—The leaves bruised and applied, heal green wounds, when bound thereon with the bark. The leaves or the bark used with vinegar cures scurf and leprosy very effectually. The decoction of the leaves, bark, or root, heals broken bones when bathed therewith. The water that is found in the bladders on the leaves, while it is fresh, is very effectual for the skin, to make it fair; and if cloths be often wet with it and applied to the ruptures of children, heals them, if they be well bound up with a truss. The same water put into a glass, and set into the ground, or else in dung, for twenty-five days, the mouth being close stopped, and the bottom set upon a layer of ordinary salt, that the foeces may settle and water become clear, is a singular and sovereign balm for green wounds, when used with soft tents. The decoction of the bark of the root fomented, mollifies hard tumors, and the shrinking of the sinews. The roots of the elm boiled for a long time in water, and the fat rising on the top being scummed off clean, and the head anointed therewith that has grown bald, by the hair falling off, will quickly restore it again. The bark ground with brine and pickle, until it is the form of a poultice, and laid on the place pained with the gout, gives great ease. The decoction of the bark in water, is excellent to bathe such places as have been burnt with fire.

## ELECAMPANE.

Cold Stomach, Spleen, Cough, Wheezing, Mother, Stone, Worms, Loose Teeth, Spitting of Blood, Itch, Freckles.

*Description.*—It shoots forth many large leaves, long and broad, lying near the ground, small at both ends, somewhat soft in handling, of a whitish green on the upper side, and grey underneath, each set upon a short footstalk, from among which rise up many great and strong hairy stalks, three or four feet high, with some leaves thereupon, compassing them about at the lower end, and branched towards the tops, bearing many large flowers, like those of the corn marigold, both the border of leaves and the middle thrum being yellow, which turn into down, with long, small, brownish seeds among them, and are carried away with the wind. The root is great and thick, branched forth many ways, blackish on the outside, and whitish within, of a very bitter taste, and strong but good scent, especially when they are dried, no part else of the plant having any smell.

*Place.*—It grows in moist grounds and shadowy places, oftener than in the dry and open borders of fields and lanes, and in other waste places, almost in every part of the land.

*Time.*—It flowers in the end of June and July, and the seed is ripe in August. The roots are gathered for use, as well in the spring before the leaves come forth, as in autumn or winter.

*Government and virtues.*—The fresh roots of elecampane preserved with sugar, or made into a syrup or conserve, are very effectual to warm a cold windy stomach, or the pricking therein, and stitches in the sides caused by the spleen; and to help a cough, shortness of breath, and wheezing of the lungs. The dried root made into powder, and mixed with sugar and taken, serves the same purpose, and is also good for those who have their urine stopped, or the stopping of women's courses, the pains of the mother and of the stone in the reins, kidneys, or bladder. It resists poison and stays the spreading of the venom of serpents, as also putrid and pestilential fevers, and

the plague itself. The roots and herbs beaten and put into new ale or beer, and daily drank, clears, strengthens and quickens the sight of the eyes wonderfully. The decoction of the roots in wine, or the juice taken therein, kills and drives forth all manner of worms in the belly, stomach and maw ; and gargled in the mouth, or the root chewed, fastens loose teeth, and helps to keep them from decaying ; and being drank, is good for those that spit blood. It is excellent to remove cramps, convulsions, gout, sciatica, pains in the joints, applied outwardly or inwardly ; and is also good for those that are ruptured, or have any inward bruises. The root boiled well in vinegar, beaten afterwards, and made into an ointment with hog's suet, or oil of trotters, is an excellent remedy for scabs or itch in young or old ; the places also bathed or washed with the decoction does the same. It also helps all sorts of filthy old putrid sores or cankers. In the roots of this herb lies the chief effect for the remedies aforesaid. The distilled water of the leaves and roots together, is very useful to cleanse the skin of the face, or other parts, from any morpheu, spots, or blemishes therein, and make it clear.

#### EYEBRIGHT.

Dim Eyes, Memory, Brain, Colds and Cough, Headache.

*Description.*—Common eyebright is a small, low herb, rising up usually but with one blackish green stalk, a span high, or not much more, spread from the bottom into sundry branches, whereon are small and almost round, yet pointed dark green leaves, finely snipped about the edges, two always set together, and very thick. At the joints with the leaves, from the middle upward, come forth small white flowers, steeped with purple and yellow spots or stripes ; after which, follow small round heads, with very small seed therein. The root is long, small and thready at the end.

*Place.*—It grows in meadows, and grassy places in this land.

*Government and virtues.*—The juice or distilled

water of eyebright, taken inwardly, in white wine or broth, or dropped into the eyes, for many days together, helps all infirmities of the eyes that cause dimness of sight. Some make conserve of the flowers for the same effect. Being used any of these ways, it is good for a weak brain or memory. This mixed with strong beer, that it may work together, and drank; or the powder of the dried herb mixed with sugar, a little mace and fennel-seed, and drank, or eaten in broth; or the powder made into an electuary with sugar, and taken, has the same powerful effect to help and restore the sight decayed through age. A tea made of the herb cleanses the stomach and purges the head, opens the pores and rids the body of all colds; and by taking it at night on going to bed and laying and sweating, it will take away pains in the side, head, stomach, bowels, or in any part of the body thus afflicted. There is scarce a better herb growing than eyebright.

#### SWEET FERN.

Worms, Spleen, Phlegm, Stomach, Wounds, Ulcers.

*Government and virtues.*—The roots of both these sorts of fern, when bruised and boiled in mead or honey water and drank, kills both the broad and long worms in the body, and abates the swelling and hardness of the spleen. The green leaves eaten, purge the belly of choleric and watery humors that trouble the stomach. They are dangerous for women with child to meddle with, as they cause abortions. The roots bruised and boiled in oil, or hog's grease, make a very good ointment to heal wounds, or pricks in the flesh. The powder of them used in foul ulcers, dries up their malignant moisture, and causes their speedier healing. The smoke of fern when burned, drives away serpents, gnats, and other noisome creatures, which, in some countries, in the night-time, trouble and molest people lying in their beds with their faces uncovered. It also causes barrenness.

## FEATHERFEW.

Mother, Womb, Terms, Dead-Birth, After-Birth, Cough, Agues, Headache, Wind, Colic.

*Description.*—Common featherfew has large, fresh green leaves, much torn or cut on the edges. The stalks are hard and round, set with many such like leaves, but smaller; and at the tops stand many single flowers, upon small footstalks, consisting of many small white leaves, standing round a yellow thrum in the middle. The root is somewhat hard and short, with many strong fibres about it. The scent of the whole plant is very strong and sluffing, and the taste is quite bitter.

*Place.*—This grows wild in many places, but is for the most part nourished in gardens.

*Time.*—It flowers in the months of June and July.

*Government and virtues.*—A decoction made of the flowers, with a little nutmeg or mace put therein, and drank often in the day, is an approved remedy to bring down women's courses speedily, and helps to expel the dead-birth and after-birth. For a woman to sit over the fumes of the decoction of the herb made in water or wine, it is effectual for the same; and in some cases to apply the herb warm to the privy parts. The decoction thereof made, with some sugar or honey put thereto, is used by many with good success to help the cough and stuffing of the chest, by colds, as also to cleanse the reins and bladder, and helps to expel the stone in them. The powder of the herb taken in wine, with some oxymel, purges both choleric and phlegm, and is available for those that are short-winded and are troubled with melancholy, heaviness, or sadness of spirits. It is very effectual for all pains in the head caused by a cold, the herb being bruised and applied to the crown of the head. As also for the vertigo, running or swimming of the head. The decoction drank warm and the herb bruised with a few corns of bag salt, and applied to the wrists before the coming of ague fits, takes them away. The distilled water carries

away freckles and other spots and deformities in the face. The herb bruised and heated on a tile, with some wine to moisten it, or fried with a little wine and oil in a frying-pan, and applied warm outwardly to the places, helps the wind and colic in the belly.

#### FENNEL.

Wind, Dysury, Increases Milk, Hickup, Breasts, Liver, Spleen, Gall, Jaundice, Wheezings, Terms.

Every garden affords this so plentifully, that it needs no description.

*Government and virtues.*—Fennel is good to break wind, to provoke urine and ease the pains of the stone, and helps to break it. The leaves or seed boiled in barley water and drank are good for nurses, to increase their milk, and make it more wholesome for the child. The leaves, or rather the seeds, boiled in water, stays the hickup, and takes away the loathings which oftentimes happen to the stomachs of sick and feverish persons, and allays the heat thereof. The seed boiled in wine and drank, is good for those that are bitten with serpents or have eaten poisonous herbs or mushrooms. The seed and the roots much more help to open obstructions of the liver, spleen and gall, and thereby help the painful and windy swellings of the spleen and the yellow jaundice; as also the gout and cramps. The seed is of good use in medicines to help shortness of breath and wheezing of the lungs. It helps also to bring down the courses and to cleanse the parts after delivery. The roots are of most use in physic, drinks and broths that are taken to cleanse the blood, to open obstructions of the liver, to provoke urine and amend the ill color in the face after sickness, and to cause a good habit through the body. Both leaves, seeds and roots are much used in drink or broth, to make people more lean that are too fat. The distilled water of the whole herb, or the condensate juice dissolved, but especially the natural juice, that in some countries issues out, of its own accord, dropped into the eyes, cleanses them from mists and films that

hinder the sight. The sweet fennel is much weaker in physical uses than the common fennel. The wild fennel is stronger and hotter than the tame, and therefore most powerful for the stone, but not so effectual to increase milk.

**YELLOW WATER FLAG, OR FLOWER-DE-LUCE.**

Binds, Cools, Bloody Flux, Bleeding, Bleinishes, Inflammations, Sore Breast.

*Description.*—This grows like the flower-de-luce, but it has much longer and narrower sad green leaves jointed together in that fashion; the stalk also growing oftentimes as high, leaving small yellow flowers shaped like the flower-de-luce, with three falling leaves, and the other three arched that cover their bottoms; but instead of the three upright leaves as the flower-de-luce, this has only three short pieces standing in their places, after which succeed thick and long three-square heads, containing in each part somewhat big and flat seed, like those of the flower-de-luce. The root is long and slender, of a pale, brownish color on the outside, and of a horse-flesh color on the inside, with many hard fibres, and very harsh in taste.

*Place.*—It usually grows in watery ditches, ponds, lakes, and moor-sides which are always overflowed with water.

*Time.*—It flowers in July and the seed is ripe in August.

*Government and virtues.*—The root of this water-flag is very astringent, cooling and drying; and therefore helps all lasks and fluxes, whether of blood or humors, as bleeding at the mouth, nose, or other parts, bloody flux, and the immoderate flux of women's courses. The distilled water of the whole herb, flowers and roots, is a sovereign remedy for watery eyes, both to be dropped into them, and to have cloths or sponges wet therein, and applied to the forehead. The said water fomented on swellings and hot inflammations of women's breasts, and upon cankers also is a sovereign remedy. It helps foul ulcers

in the privities of man or woman; but an ointment made of the flowers is better for those external applications.

#### FLOWER-DE-LUCE.

Jaundice, Stomach, Phlegm, Sides, Spleen, Dysury, Cough, Tooth-ache, Womb, Sciatica, Canker.

*Government and virtues.*—The juice or decoction of the green root of the flaggy kind of flower-de-luce, with a little honey when drank, purges and cleanses the stomach of gross and tough phlegm and choler therein, and helps the jaundice and the dropsy, evacuating those humors both upwards and downwards; and because it somewhat hurts the stomach, it is not to be taken without honey and spikenard. The same being drank, eases the pains and torments of the belly and sides, the shaking of agues, the diseases of the liver and spleen, the worms of the belly, the stone in the reins, convulsions and cramps that come of old humors; it also helps those whose seed passes from them unawares. It is a remedy for the bitings and stings of venomous creatures, being boiled in water and vinegar and drank. Boiled in water and drank, it provokes urine, helps the colic, brings down women's courses, and made up into a pessary with honey, and put up into the body, draws forth the dead child. It is much recommended for the cough, to expectorate tough phlegm; it eases the pains in the head, and procures sleep. When put into the nostrils it produces sneezing, and thereby purges the head of phlegm. The juice of the root applied to the piles gives much ease. The decoction of the roots gargled in the mouth, eases the toothache and helps a stinking breath. The head and temples anointed therewith, helps the catarrh, or thin rheum distilled from thence; and used upon the breast or stomach, helps to extenuate the cold tough phlegm; it helps also pains and noise in the ears, and the stench of the nostrils. The root itself, either green or in powder, helps to cleanse, heal, and incarnate wounds, and to cover the bones with flesh again, that ulcers have

made bare; and is also very good to cleanse and heal up fistulas and cankers that are hard to be cured.

#### FOX GLOVES.

Wounds, Obstructions of the Liver, Spleen, King's Evil, Scabby Head.

*Description.*—It has many long and broad leaves lying upon the ground, dented upon the edges, a little soft or wooly, and of a hoary green color, among which rises up sometimes sundry stalks, but one very often, bearing such leaves thereon from the bottom to the middle, from whence to the top it is stored with large and long hollow reddish purple flowers, a little more long and imminent at the lower edge, with some white spots with them, one above another, with small green leaves at every one, but all of them turning their heads one way, and hanging downward, having some threads also in the middle, from whence rise round heads, pointed sharp at the ends, wherein small brown seed lies. The roots are so many small fibres, and some greater strings among them; the flowers have no scent, but the leaves have a bitter hot taste.

*Place.*—It grows on dry sandy ground, for the most part, and as well on the higher as the lower places, under hedge sides in almost every county of this land.

*Time.*—It seldom flowers before July, and the seed is ripe in August.

*Government and virtues.*—This herb is familiarly and frequently used to heal fresh or green wounds, the leaves being but bruised and bound thereon; and the juice thereof is also used in old sores, to cleanse, dry, and heal them. The decoction made up with some sugar or honey, is available to cleanse and purge the body, both upwards and downwards, of tough phlegm and clammy humors, and to open obstructions of the liver and spleen. It has been found by experience to be good for the king's evil, the herb being bruised and applied, or an ointment made with the juice and so used; and a decoction of two handfuls, with four ounces of poly pody in ale, has been

found by late experience to cure the falling sickness of those that have been troubled with it above twenty years.

### FUMITORY.

Liver, Spleen, Choler, Black Jaundice, Sore Mouth, Throat, Pimples.

*Description.*—Our common fumitory is a tender sappy herb; it sends forth one square, slender, weak stalk, leaning downwards on all sides, and many branches, two or three feet long, with finely cut and jagged leaves of whitish, or rather bluish sea green color. At the tops of the branches stand many small flowers, as it were in a long spike one above another, made like little birds, of a reddish purple color, with whitish bellies, after which come small round husks, containing small black seeds. The root is yellow, small, and not very long, full of juice while it is green, but quickly perishes with the ripe seed.

*Place.*—It grows in corn-fields almost every where, as well as in gardens.

*Time.*—It flowers in May, for the most part, and the seed ripens shortly after.

*Government and virtues.*—The juice, or syrup, made thereof, or the decoction made in whey by itself, with some other purging or opening herbs and roots to cause it to work the better, is very effectual for the liver and spleen, opening the obstructions thereof, and clarifying the blood from saltish, choleric, and adust humors, which cause leprosy, scabs, tetter, and itches, and such like breakings out of the skin, and after the purgings strengthens all the inward parts. It is also good for the yellow jaundice, and spends it by urine, which it procures in abundance. The powder of the dried herb, given for sometime together, cures melancholy, but the seed is strongest in operation for all the former diseases. The distilled water of the herb is also of good effect in the former diseases, and conduces much against the plague and pestilence, being taken with good treacle. The distilled also, with a little water and honey of roses, helps the sores of the mouth or throat, being gargled

often therewith. The juice dropped into the eyes, clears the sight, and takes away redness and other defects in them, although it causes some pain for the present, if the eyelids be anointed with the juice and gum Arabic dissolved therein. The juice of the fumitory and docks mingled with vinegar, and the places gently washed or wet therewith, cures all sorts of scabs, pimples, blotches, wheals and pushes which arise on the face or hands.

#### GARLIC.

Urine, Worms, Lethargy, Phlegm, Stinking Waters, Dropsy, Cramp, Falling Sickness.

*Government and virtues.*—It provokes urine and women's courses, helps the biting of mad dogs, and other venomous creatures, kills worms in children, cuts and voids tough phlegm, purges the head, helps the lethargy, is a good preservative against, and a remedy for, any plague, sore or foul ulcer; takes away spots and blemish on the skin, eases pains in the ears, ripens and breaks imposthumes, or other swellings. And for all these diseases the onions are as effectual. But the garlic has some more peculiar virtues besides the former.

#### GENTIAN, FELWORT, OR BALDMONY.

Putrifaction, Poison, Strengthens the Stomach, Helps Digestion, Comforts the Heart, Mad Dogs, Restores Appetite.

*Description.*—The greater of the two has many small long roots thrust down deep into the ground, and abiding all winter. The stalks are sometimes more, sometimes less, of a brownish green color, which is sometimes two feet high, if the ground be fruitful, having many long, narrow, dark-green leaves, set by couples up to the top; the flowers are long and hollow, of a purple color, ending in fine corners. The smaller sort which is to be found in our land, grows up with sundry stalks, not a foot high, parted into several small branches, whereon grow many perfect blue flowers, standing in long husks, but not so big as the other; the root is very small, and full of threads.

*Government and virtues.*—The powder of the dry roots helps the biting of mad dogs and venomous beasts, opens the obstructions of the liver, and restores an appetite for meat to such as have lost it. The herb steeped in wine, and the wine drank, refreshes such as be over weary with travel, and grow lame in their joints, either by cold or bad lodgings; it helps stitches and griping pains in the sides; it is an excellent remedy for such as are bruised by falls; it provokes urine and the terms exceedingly,—therefore let it not be given to a women with child. The same is very good for such as are troubled with cramps and convulsions, to drink the decoction. Also it is said to break the stone, and help ruptures most certainly; and it is excellent in all cold diseases, and such as are troubled with tough phlegm, scabs, itch, or any fretting sores and ulcers; it is also an admirable remedy to kill the worms, by taking half a drachm of the powder in the morning in any convenient liquor; the same is excellent to be taken inwardly for the king's evil. It helps agues of all sorts, and the yellow jaundice; and also the bots in cattle.

#### GERMANDER.

Cough, Spleen, Dropsy, Ulcers, Agues, Headache, Melancholy,  
Worms, Palsy.

*Description.*—Common germander shoots forth sundry stalks, with small and somewhat round leaves, dented about the edges. The flowers stand at the tops, of a deep purple color. The root is composed of divers sprigs, which shoot forth a great way round, quickly overspreading a garden.

*Place.*—It grows usually in gardens.

*Time.*—It flowers in June and July.

*Government and virtues.*—This herb, taken with honey, is a remedy for coughs, hardness of the spleen and difficulty of urine, and helps those that are affected with the dropsy, especially at the beginning of the disease, a decoction being made thereof when it is green, and drank. It also brings down women's courses, and expels the dead child. It is most effect-

ual against the poison of all serpents, when drank in wine, and the bruised herb outwardly applied; used with honey, it cleanses old and foul ulcers; and made into an oil, and the eyes anointed therewith, takes away the dimness and moisture. It is likewise good for the pains in the sides and cramps. The decoction, taken for four days together, drives away and cures both tertian and quartan agues. It is good for all diseases of the brain, as continual headache, falling sickness, melancholy, drowsiness and dullness of the spirits, convulsions and palsies. A drachm of the seed taken in powder purges by urine, and is good for the yellow jaundice. The juice of the leaves dropped into the ears kills the worms in them. The tops, when they are in flower, steeped twenty-four hours in a draught of white wine, and drank, kills the worm in the belly.

#### STINKING GLADWIN.

Corrupt Phlegm, Choler, Sneezing, Cramps, Convulsions, Gout, Sciatica, Griping Pains, Strangury, Fluxes.

*Description.*—This is one of the kinds of flower-de-luce, having many leaves arising from the roots, like a flower-de-luce, but that they are sharp-edged on both sides, and thicker in the middle, of a deeper green color, narrower and sharper pointed, and a strong ill scent, if they be bruised between the fingers. In the middle rises up a tolerable strong stalk, a yard high at the least, bearing three or four flowers at the top, made somewhat like the flowers of the flower-de-luce, with three upright leaves, of a dead purplish ash color, with some veins discolored in them; the other three do not fall down, nor are the three other small ones so arched, nor cover the lower leaves as the flower-de-luce, but stand loose or asunder from them. After they are past, there comes up three square hard husks, opening wide into three parts when they are ripe, wherein lie reddish seed, turning back when it hath abiden long. The root is like that of the flower-de-lucc, but reddish on the outside, and whitish within, very sharp and hot to the taste, of as bad scent as the leaves.

*Place.*—This grows as well in upland as in moist grounds, woods and shadowy places, and sometimes by the seaside, and is usually nursed in gardens.

*Time.*—It flowers not until July, and the seed is ripe in August or September.

*Government and virtues.*—It is used by many country people, to purge corrupt phlegm and choleric, by drinking the decoction of the roots; and some, to make it more gentle, infuse the sliced roots in ale; and some take the leaves which serve well for the weaker stomachs. The juice snuffed up the nose causes sneezing, and draws from the head much corruption, and the powder does the same. The powder drank in wine, helps those that are troubled with cramps and convulsions, or with the gout and sciatica, and gives ease to those that have griping pains in their body and belly, and helps those that have strangury. It is given with much success to those that have had long fluxes by the sharp and bad quality of humors which it stays, having first cleansed and purged them by the drying and binding property therein. The roots boiled in wine and drank, effectually procures women's courses, and used as a pessary, works the same effect, but causes abortion in women with child. The same taken with vinegar, dissolves the hardness and swellings of the spleen. The root is effectual in all wounds, especially in the head; as also to draw forth splinters, thorns, or broken bones, or any other thing sticking in the flesh, without causing pains, being used with a little verdigris and honey, and the great century root. The same also boiled in vinegar, and laid upon any tumor or swelling, very effectually dissolves and consumes them. The juice of the leaves or roots also helps running or spreading scabs, sores, blemishes, or scars in the skin wherever they be.

## GOLDEN ROD.

Beauty Lost, Stone, Dysury, Bloody Flux, Terms Stops, Sore Mouth, Throat, Loose Teeth.

*Description.*—This arises up with brownish, small round stalks, two feet high, and sometimes more, having thereon many narrow and long dark green leaves, very seldom with any dents about the edges, or any stalks or white spots thereon; yet they are sometimes found so divided at the tops in many small branches, with divers small yellow flowers on every one of them, all which are turned one way, and when ripe, turn into down, and are carried away by the wind. The root consists of many small fibres, which grow not deep in the ground, but abides all the winter, shooting forth new branches every year, the old one laying down to the ground.

*Place.*—It grows in the open places of woods and copses, in both moist and dry grounds, in many places.

*Time.*—It flowers about the month of July.

*Government and virtues.*—The decoction of the herb, green or dry, or the distilled water, is very effectual for inward bruises, as also to be outwardly applied; it stays the bleeding in any part of the body, and of wounds; also the fluxes of humors, the bloody flux and women's courses; and is no less useful in all ruptures or burstings, being drank inwardly, and outwardly applied. It is a sovereign wound herb, inferior to none, both for inward and outward hurts. Green wounds, old sores and ulcers, are quickly cured therewith. It also is of special use in all lotions for sores or ulcers in the mouth, throat, or privy parts of man or woman. The decoction also helps to fasten the teeth that are loose in the gum.

## GOUTWORT, OR HERB GERRARD.

Gout, Sciatica, Joints.

*Description.*—It is a low herb, seldom rising half a yard high, having sundry leaves standing on brownish green stalks by three, snipped about, and of a

strong, unpleasant savor. The umbels of the flowers are white, and the seed blackish; the root runs into the ground, quickly taking a great deal of room.

*Place.*—It grows by hedges and wall-sides, and often on the borders and corners of fields, and in gardens also.

*Time.*—It flowers and seeds about the end of July.

*Government and virtues.*—It is not to be supposed that goutwort has its name for nothing, but upon experiment to heal the gout and sciatica; as also joint-aches, and other cold affections. The very bearing of it about one eases the pains of the gout and defends him that bears it from the disease.

#### GOOSEBERRY BUSH.

Appetite, Woman's Longings, St. Anthony's Fire, Liver, Gravel, Stone.

*Government and virtues.*—The berries while they are unripe, being scalded or baked, are good to stir up a fainting or decayed appetite, especially such whose stomachs are afflicted by choleric humors. They are excellent to stay longings of women with child. The decocting of the leaves of the tree cools the hot swellings and inflammations; as also St. Anthony's fire. Ripe gooseberries when eaten, are an excellent remedy to allay the violent heat both of the stomach and liver. All the harm they do to the body of man is, they are supposed to breed crudities, and by crudities, worms.

#### WINTER-GREEN.

Wounds, Ulcers, Kidney, Bladder, Bloody Flux, Cankers.

*Description.*—This sends forth seven, eight, or nine leaves, from a small, brown creeping root, every one standing upon a long footstalk, which is almost as broad as long, round pointed, of a sad green color, and hard in handling, like the leaf of a pear-tree; from whence arises a slender weak stalk, standing upright, bearing at the top many small, white, sweet smelling flowers, laid open like a star, consisting of five round pointed leaves, with many yellowish threads standing in the middle about a green head, and a long stalk with them, which being ripe are

found five square, with a small point with it, wherein is contained seed as fine as dust.

*Place.*—It seldom grows in fields, but frequently in woods in the north.

*Time.*—It flowers in June and July.

*Government and virtues.*—Winter-green is a singular good wound herb, and an especial remedy to heal green wounds speedily, the green leaves being bruised and applied, or the juice of them. A salve made of the green herb pounded, or the juice boiled with hog's lard, or with salad oil and some turpentine added to it, is a sovereign salve, and highly extolled by the Germans, who use it to heal all manner of wounds and sores. The herb boiled in wine and water, and given as drink to those that have any inward ulcers in their kidneys or neck of the bladder, it wonderfully helps them. It stays all fluxes, as the lask, bloody fluxes, women's courses, and bleeding of wounds, and taking away inflammations rising upon pains of the heart; it is no less helpful for foul ulcers hard to be cured; as also for cankers and fistulas. The distilled water of the herb effectually performs the same things.

#### GROUNDSEL.

Choler, Stomach, Jaundice, Gravel, Colic, Terms, Women's Breasts, Privy Parts, Sinews, Joints, Sore Eyes.

*Description.*—Our common groundsel has a round, green, and somewhat long stalk, spreading toward the top into branches, set with long and somewhat narrow green leaves, cut in on the edges, like oak-leaves, but smaller, and round at the end. At the top of the branches stand many small green heads, out of which grow small thrums, which are the flowers, and continue many days blown in that manner, before they pass away into down, and with the seed are blown away. The root is small and thready, and soon perishes, and as soon rises again of its own sowing, so that it may be seen many months in the year, both green and in flower, and seed; for it will spring and seed twice in a year at least, if it be suffered in a garden.

*Place.*—This grows almost everywhere, as well on tops of walls, as at the foot amongst rubbish and un-tilled grounds, but especially in gardens.

*Time.*—It flowers, as has been said before, in almost every month throughout the year.

*Government and virtues.*—This herb is a universal medicine for all diseases coming of heat, in what part of the body soever it may be. It is very safe and friendly to the body of man; yet causing vomiting if the stomach be affected; if not, purging; and it does it with more gentleness than can be expected. It is moist, and sometimes cold, thereby causing expulsion, and repressing the heat caused by the motion of the internal parts in purges and vomits. The decoction of this herb made with wine and drank, helps the pains of the stomach, proceeding of choler, as daily experience shows. The juice thereof taken in drink, or the decoction of it in ale, gently performs the same. It is good for the jaundice, being taken in wine; it provokes urine, expels gravel in the reins or kidneys; it helps also the sciatica, the colic defects of the liver, and provokes women's courses. The fresh herb boiled and made into a poultice, applied to the breasts of women that are swollen with pain and heat, gives great relief. The distilled water of the herb performs well all the aforesaid cures, but especially for inflammations or watering of the eyes, by reason of the defluction of rheum into them.

#### HEART'S-EASE.

Inflammation, Breast and Lungs, Scabs and Itch.

*Place.*—It grows commonly wild in the fields, especially in such as are very barren; sometimes you may find it on the tops of the high hills.

*Time.*—It flowers all the spring and summer.

*Government and virtues.*—A strong decoction of the herbs and flowers is an excellent cure for humors; the herb being bruised and applied to any swelling, wonderfully helps it. The spirit of it is excellent for convulsions in children, as also for the falling sick-

ness, and an excellent remedy for the inflammation of the lungs and breasts, pleurisy, scabs and itch.

### HEART'S-TONGUE.

Spleen and Liver, Bloody Flux, Hickup.

*Description*.—This has many leaves arising from the root, every one severally, which fold themselves in their first springing and spreading. When full grown they are about a foot long, smooth and green above, but hard and with little sap in them, and streaked on the back, athwart on both sides of the middle rib, with small and somewhat long brownish marks; the bottoms of the leaves are a little bowed on each side of the middle rib, somewhat narrow with the length, and somewhat small at the end. The root is of many black threads, folded or interlaced together.

*Time*.—It is green all the winter, but new leaves spring every year.

*Government and virtues*.—This herb is a good remedy for the liver, both to strengthen it when weak, and ease it when afflicted; it should be kept in a syrup all the year. Heart's-tongue is much recommended for the hardness and stoppings of the spleen and liver, the heat of the liver and stomach, and for lasks and the bloody flux. The distilled water is also very good for the passions of the heart, and to stay the hickup, to help the falling of the palate, and to stay the bleeding of the gums, when gargled in the mouth.

### HAZEL-NUT.

Cough, Phthisic, Terms Stops, Catarrh.

Hazel-nuts are so well known to every person, that they need no description.

*Government and virtues*.—The parted kernels made into an electuary, or the milk drawn from them, with mead or honey water, is very good to help an old cough; and being parched, and a little pepper put to them and drank, digests the distillations of rheum from the head. The dried husks and shells, to the

weight of two drachms, taken in red wine, stays lasks and women's courses, and so does the red skin that covers the kernels, which is more effectual to stay women's courses.

#### HIGH MILKWEED.

Eyes, Ulcers, Burnings, St. Anthony's Fire, Phlegm, Freckles, Wrinkles, Gnawing in the Stomach, Dropsy, Spleen.

*Description.*—It has many large leaves lying upon the ground, much rent or torn on the sides into gashes like dandelion, but with greater parts, more like the smooth sow thistle, from among which rises a hollow, rough stalk, two or three feet high, branched from the middle upward, whereon are set at every joint longer leaves, little or nothing rent or cut, bearing on their top sundry pale, yellow flowers, consisting of many small narrow leaves, broad pointed, and nicked in at the ends, set in a double row or more, the outermost being larger than the inner, which turn into down, and with the small brownish seed is blown away with the wind. The root is long and somewhat greater, with many small fibres attached. The whole plant is full of bitter milk.

*Place.*—It grows in many places about the field-sides and pathways in dry grounds.

*Time.*—It flowers and blows away in summer months.

*Government and virtues.*—Milkweed is cooling, somewhat drying and binding, and therefore good for the heat of the stomach, and gnawings therein; for inflammations, and the hot fit of agues. The juice thereof in wine, helps digestion, discusses wind, hinders crudities from abiding in the stomach, and helps the difficulty of making water. A scruple of the dried root, given in wine and vinegar, is good for those that have the dropsy. The decoction of the herb taken with honey, digests the phlegm in the chest or lungs, and with hyssop helps the cough. The decoction therof, and of wild succory, made with wine, and taken, helps the wind colic, and hardness of the spleen; it procures rest and sleep, and is

cooling to heats, purges the stomach, increases blood, and helps the diseases of the reins and bladder. Outwardly applied, it is remarkably good for all the defects and diseases of the eyes, used with some women's milk; and used with good success in fretting or creeping ulcers, especially in the beginning. The green leaves bruised, and, with a little salt, applied to any place burnt with fire, before blisters arise, helps them; as also inflammations, St. Anthony's fire, and all pushes and eruptions, hot and salt phlegm. The same applied with meal and fair water, in manner of a poultice, to any place affected with convulsions and the cramp, such as are out of joint, gives help and ease. The distilled water cleanses the skin, and takes away freckles, spots, morphew, or wrinkles in the face.

#### HEMLOCK.

Lechery, Inflammations, St. Anthony's Fire, Eyes, Pin and Web, Gout.

*Description.*—The common great hemlock grows up with a green stalk, four or five feet high, or more, full of red spots sometimes, and at the joints very large winged leaves set at them, which are divided into many other winged leaves, one set against the other, dented about the edges, of a sad green color, branched towards the top, where it is full of umbels of white flowers, and afterwards with whitish flat seed. The root is long, white, and sometimes crooked, and hollow within.

*Place.*—It grows in all counties of this land, by walls and hedge-sides, in waste ground and untilled places.

*Time.*—It flowers and seeds in July, or thereabouts.

*Government and virtues.*—Hemlock is exceedingly cold and very dangerous, especially to be taken inwardly. It may safely be applied to inflammations, tumors, and swellings in any part of the body (except the privy parts,) as also St. Anthony's fire, wheals, pushes, and creeping ulcers that arise of hot, sharp,

humors, by cooling and repelling the heat; the leaves bruised and laid on the brow, or forehead, are good for the eyes that are red and swollen; as also to take away a pin and web growing in the eye. Take a small handful of this herb, and half as much bay salt, beat it together, and apply it to the pained wrist, for twenty-four hours, and it will remove it in thrice dressing. If the root be roasted under the embers, wrapped in double wet paper, until it be soft and tender, and applied to the gout in the hands or fingers, it will quickly help this evil. If any, through mistake, eat the herb hemlock, instead of parsley, it is very hurtful.

#### HENBANE.

Inflammations, Cods, Women's Breasts, Gout, Deafness, Kibes.

*Description.*—Our common henbane has very large, thick, soft, woolly leaves, lying on the ground, much cut in, or torn on the edges, of a dark, greyish green color; among which arise up many thick and short stalks, two or three feet high, spread into divers small branches, with less leaves on them, and many hollow flowers, scarce appearing above the husk, and usually torn on one side, ending in five round points, growing one above another, of a yellowish color, somewhat paler towards the edge, with many purplish veins therein, and a dark yellowish purple at the bottom of the flower, with a small point of the same color in the middle, each of them standing in a hard close husk, which, after the flowers are past, grows very much like the husks of asarabocca, and somewhat sharp at the top points, wherein is contained many small seed, very much like poppy seed, but of a dusky, greyish color. The root is great, white and thick, branching forth many ways under ground, like a parsnip root.

*Place.*—It commonly grows by the way-sides, and under hedge-sides and walls.

*Time.*—It flowers in July, and springs up again yearly of its own seed.

*Government and virtues.*—The leaves of henbane

cools all hot inflammations of the eyes, or any other part of the body; and are good to assuage all manner of swellings of the cods, or women's breasts, or elsewhere, if they be boiled in wine, and either applied themselves, or the fomentation warm; it also assuages the pain of the gout, the seiatica, and other pains in the joints, which arise from a hot cause. And applied with vinegar to the forehead and temples, helps the headache and want of sleep in hot fevers. The oil of the seed is good for deafness, noise, and worms in the ears, when dropped therein. The juice of the herb has the same effect. The fume of the dried herb, stalks and seed burned, quickly heals swellings, chilblains, or kibes in the hands or feet, by holding them in the fume thereof. The remedy for those that have taken henbane is to drink goat's milk, honey water, or pine kernels, with sweet wine.

#### HEDGE HYSSOP.

Choler and Phlegm, Dropsy, Gout, Sciatica, Worms, Ulcers.

*Description.*—Many sorts there are of this plant. Two or three are found commonly wild; the desription of two of which I shall give you. The first is a smooth, low plant, not a foot high, very bitter in taste, with many square stalks, diversely branched from the bottom to the top, with divers joints, and two small leaves at each joint, broader at the bottom than they are at the end, and full of veins. The flowers stand at the joints, being of a fair purple eolor, with some white spots in them. The seed is small and yellow, and the root spreads much under ground. The second seldom grows half a foot high, sending up many small branches, whereon grow many small leaves, set one against the other, somewhat broad but very short. The flowers are like the flowers of the other, but of a pale reddish eolor. The seeds are small and yellowish. The root spreads like the other, neither of them will yield to the other in bitterness.

*Place.*—They grow in wet low grounds, and by the water-sides.

*Time.*—They flower in June and July, and the seed is ripe soon after.

*Government and virtues.*—It is not safe taking them inwardly, unless they be well rectified by the art of the alchymist, and only the purity of them given; so used they may be very helpful for the dropsy, gout, and sciatica; outwardly applied in ointments they kill worms, and it is excellent good to cleanse old and filthy ulcers.

#### HYSSOP.

Cough, Shortness of Breath, Jaundice, Dropsy, Quinsy, Falling Sickness.

Hyssop is so well known to be an inhabitant in every garden, that it will be useless to write a description thereof.

*Government and virtues.*—Hyssop boiled with rue and honey, and drank, helps those that are troubled with coughs, shortness of breath, wheezing and rheumatic distillations upon the lungs; taken also with honey, kills worms in the belly; and with fresh and new figs bruised, helps to loosen the belly, and more forcibly, if the root of flower-de-luce and cresses be added thereto. It amends and cherishes the native color of the body, spoiled by the yellow jaundice; and being taken with figs and nitre, helps the dropsy and spleen. It is an excellent medicine for the quinsy, or swelling in the throat, to wash and gargle it, when boiled in figs; it helps the toothache, when boiled in vinegar and gargled therewith. The hot vapors of the decoction taken by a funnel into the ears, eases the inflammations and singing noise in them. It helps those that have the falling sickness, which way soever it be applied. It helps to expectorate tough phlegm, and is effectual in all cold pains or diseases of the chest or lungs, when taken either in syrup or similar medicine. The green herb bruised and a little sugar put thereto, quickly heals any cut or green wounds.

## HOPS.

Liver, Spleen, Morphew, Worms, Dysury, Terms, Jaundice, Ague.

*Description.*—The wild hop grows up as the other, romping upon trees or hedges, that stand next to them, with rough branches and leaves like the other, but it gives smaller heads, and far less plenty, so that there is scarce a head or two seen in a year on many of the wild kind, wherein consists the chief difference.

*Place.*—They delight to grow in low moist grounds, and are found in all parts of the land.

*Time.*—They do not spring up until April, and flower not until the latter end of June; the heads are not gathered until the middle or latter end of September.

*Government and virtues.*—This, in physical operations, is to open the obstructions of the liver and spleen, to cleanse the blood, to loosen the belly, to cleanse the reins from gravel, and provokes urine. The decoction of the tops of hops, as well of the tame as the wild, works the same effect. In cleansing the blood they are good for all manner of scabs, itch, and other breakings out of the body; as also all tetterers, ringworms, and spreading sores, and the morphew, and all discloring of the skin. The decoction of the flowers and tops, helps to expel poison that any one hath drank. Half a drachm of the seed in powder, taken in drink, kills worms in the body, brings down women's courses, and expels urine. A syrup made of the juice and sugar, cures the yellow jaundice, eases the headache that comes of heat, and tempers the heat of the liver and stomach, and is profitably given in long and hot agues that arises in choler and blood.

## HOARHOUND.

Difficulty of Breathing, Cough, Consumption, Phlegm, Ulcers, Sides, Eyes, Jaundice, Hard Livers, Women's Breasts.

*Description.*—Common hoarhound grows up with square hairy stalks, half a yard or two feet high, set

at the joints with two round crumpled rough leaves, of a sullen hoary green color, of a reasonable good scent, but a very bitter taste. The flowers are small, white and gaping, set in a rough, hard, prickly husk about the joints, with the leaves in the middle of the stalk upward, wherein afterward is found small round blackish seed. The root is blackish, hard, woody, with many strings, and abides many years.

*Place.*—It is in many parts of the land, in dry grounds and waste green places.

*Time.*—It flowers in July and the seed is ripe in August.

*Government and virtues.*—A decoction of the dried herb, with the seed, or the juice of the green herb taken with honey, is a remedy for those that are troubled with a cough, or fallen into a consumption, either through long sickness, or thin distillations of rheum upon the lungs. It helps to expectorate tough phlegm from the chest, being taken from the roots of iris or orris. It is given to women to bring down their courses, to expel their after-birth, and to them that have sore and long travails. The leaves used with honey, purge foul ulcers, stay running or creeping sores, and the growing of the flesh over the nails. It also helps pains of the sides. The juice, with wine and honey, helps to clear the eyesight, and snuffed into the nostrils, purges away the yellow jaundice: and with a little oil of roses, dropped into the ears, eases the pains of them. It also opens the obstructions of the liver and spleen, and purges the breast and lungs of phlegm; and used outwardly it both cleanses and digests. A decoction of hoarhound is available for those that have hard livers, and for such as have itches and running tetter. The powder taken, or the decoction, kills worms. A syrup made of hoarhound is very good for old coughs, to rid phlegm; as also to void cold rheums from the lungs of old folks.

## HORSETAIL.

Bleeding, Bladder, Strangury, Cough, Red Face.

*Description.*—The great horsetail, at the first springing, has heads somewhat like those of asparagus, and after, grow to be hard, rough, hollow stalks, jointed at sundry places up to the top, a foot high, so made as if the lower parts were put into the upper, where grow on each side a bush of small, long, rush-like hard leaves, each part resembling a horsetail, from whence it is so called. At the tops of the stalks come forth small catkins, like those of trees. The root creeps under ground, having joints at sundry places.

*Place.*—This herb grows in wet grounds.

*Time.*—It springs up in April, and its blooming catkins in July, seeding for the most part in August.

*Government and virtues.*—Horsetail is very powerful to staunch bleeding, either inward or outward, the juice or the decoction thereof being drank, or the juice, decoction, or distilled water applied outwardly. It also stays all sorts of lasks or fluxes in man or woman; and heals also the inward ulcers. It cures all ruptures in children. The decoction, in wine, being drank, provokes urine, and helps the stone and strangury; and the distilled water drank two or three times in a day, and a small quantity at a time, also eases the entrails or guts, and is effectual against a cough that comes by distillation from the head.

## HOUSELEEK, OR SENGREEN.

Heat, Thirst, Eyes, Salt Rheums, Stops Terms, Fluxes, St. Anthony's Fire, Burnings, Bleeding.

*Place.*—It grows commonly upon walls and housesides, and flowers in July.

*Government and virtues.*—Our ordinary houseleek is good for all inward heats as well as outward, in the eyes, or other parts of the body. A posset made with the juice of houseleek, is an excellent remedy in all hot agues, for it cools and tempers the blood and spirits, and quenches the thirst; it is good to stay all hot defluxions, or sharp and salt rheums in the eyes,

the juice being dropped into them, or into the ears, helps the pain. It is good also for other fluxes or humors in the bowels, and the immoderate courses of women. It cools and restrains all other hot inflammations, such as St. Anthony's fire, scaldings and burnings, the shingles, frettings, ulcers, cankers, tatters, ringworms, and the like. The juice also takes away warts and corns in the hands or feet, when often bathed with it, and the skin and leaves being laid on them afterwards. It eases also the headache, and distempered heat of the brain in frenzies, or through want of sleep, being applied to the temples and forehead. The leaves bruised and laid upon the crown, or seam of the head, stays bleeding at the nose very quickly. The distilled water of the herb is profitable for all the purposes aforesaid. The leaves being gently rubbed on any places stung with nettles or bees, quickly takes away the pain.

#### ST. JOHN'S WORT.

Wounds, Bruises, Swelling, Spitting and Vomiting Blood.

*Description.*—Common St. John's wort shoots forth brownish, upright, hard, round stalks, two feet high, spreading branches from the sides up to the tops of them, with two small leaves set one against the other at every place, which are of a dark-green color, somewhat like the leaves of the less century, but narrow; and full of small holes in every leaf, which cannot be so well perceived as when they are held to the light; at the tops of the stalks and branches stand yellow flowers, which being bruised yields a reddish juice like blood; after which come small round heads, wherein are contained small blackish seed smelling like rosin. The root is hard and woody, with many strings and fibres at it, of a brownish color, which abides in the ground many years, shooting out every spring.

*Place.*—This grows in woods and copses, as well in those that are shady, as those open to the sun.

*Time.*—It flowers about July, and their seed is ripe about the latter end of July or August.

*Government and virtues.*—This herb when boiled in wine, and drank, heals inward hurts and bruises; when made into an ointment, it opens obstructions, dissolves swellings, and closes up the lips of wounds. The decoction of the herb and flowers, especially of the seed, when drank in wine, with the juice of knot-grass, helps all manner of vomiting and spitting of blood, is good for those that are bitten or stung by any venomous creature, and for those that cannot make water freely. Two drachms of the seed of St. John's wort made into powder, and drank in a little broth, gently expels choler or congealed blood in the stomach. The decoction of the leaves and seeds drank somewhat warm before the fits of agues, whether they be tertians or quartans, alters the fits, and, by often using, carries them quite away. The seed is much commended, being drank for forty days together, to help the sciatica, the falling sickness, and the palsy.

#### IVY.

Bloody Flux, Spitting Blood, Jaundice, Provokes Terms, Ulcers, Wounds.

This is so well known that it needs no description.

*Time.*—It flowers not until July, and the berries are not ripe till Christmas, when they have felt winter frosts.

*Government and virtues.*—This herb is an enemy to the nerves and sinews, when much taken inwardly, but very helpful to them, outwardly applied. The white berries taken inwardly, or applied outwardly, kills the worms in the belly. The berries are a very good remedy to prevent the plague, as also to free those from it that have got it, by drinking the berries thereof made into powder, for two or three days together. When taken in wine, they help to break the stone, provoke urine, and women's courses. The fresh leaves of ivy, boiled in vinegar, and applied warm to the sides of those that are troubled with the spleen, ache, or stitch in the sides, give much ease. The same applied with some rosewater, and oil of

roses, to the temples and forehead, eases the headache, though it be of long continuance. The fresh leaves boiled in wine, is good for old filthy ulcers that are hard to be cured, when washed therewith, to cleanse them. It also quickly heals green wounds, and is effectual to heal all burnings and scaldings, and all kinds of exulcerations coming thereby, or by salt phlegm or humors in other parts of the body. The juice of the berries, or leaves, snuffed into the nose, purges the head and brain of rheum that makes defluxions into the eyes and nose, and cures the ulcers and stench therein ; the same dropped into the ears, helps the old and running sores in them. Those that are troubled with the spleen, will find much ease by continual drinking out of a cup made of Ivy, so as the drink may stand some small time therein before it be drank.

#### JUNIPER BUSH.

Provokes Urine and Terms, Dropsy, Fits of the Mother, Cough, Consumption, Pains in the Sides and Belly, Speedy Delivery, Gout.

This herb is so well known that it needs no description.

*Time.*—The berries are not ripe the first year, but continue green two summers and one winter before they are ripe ; at which time they are all of a black color, and therefore you will always find upon the bush green berries ; the berries are ripe about the fall of the leaf.

*Government and virtues.*—This admirable solar shrub is scarce to be paralleled for its virtues. The berries are hot in the third degree, and dry but in the first, being a most admirable counter-poison, and as great a resister of the pestilence, as any that grows ; they are excellent for the bitings of any venomous beasts ; they provoke urine exceedingly, and therefore are very available to dysuries and stranguries. It is so powerful a remedy for the dropsy, that the very lye made of the ashes of the herb being drank, cures the disease. It provokes the terms, helps the fits of the mother, strengthens the stomach

exceedingly, and expels the wind. Indeed there is scarce a better remedy for wind, in any part of the body, or the colic, than the chemical oil drawn from the berries. They are very good for a cough, shortness of breath and consumption, pains in the belly, ruptures, cramps, and convulsions. They give safe and speedy delivery to women with child; they strengthen the brain exceedingly, help the memory, and fortify the sight by strengthening the optic nerves; they are excellent in all sorts of agues; help the gout and sciatica and strengthen all the limbs of the body. The ashes of the wood is a speedy remedy to such as have the scurvy, to rub the gums with. The berries stay all fluxes, help the piles, and kill worms in children. A lye made of the ashes of the wood, and the body bathed with it, cures the itch, scabs and leprosy. The berries break the stone, procure an appetite where it is lost, and is excellent for all palsies and fallen sickness.

#### KIDNEYWORT, OR WALL PENNYROYAL.

Pimples, Redness, St. Anthony's Fire, Stone, Kidneys Hurt, Piles, King's Evil.

*Description.*—It has many thick, flat, and round leaves growing from the root, every one having a long footstalk fastened underneath, about the middle of it, and a little unevenly weaved sometimes about the edges, of a pale green color, and somewhat yellow on the upper side, like a saucer; from among which arise one or more tender, smooth, hollow stalks, half a foot high, with two or three small leaves thereon, usually not round as those below, but somewhat long, and divided at the edges. The tops are somewhat divided into long branches, bearing a number of flowers, set round a long spike one above another, which are hollow, like a little bell, of a whitish green color; after which come small heads, containing very small brownish seed, which, falling on the ground, will plentifully spring up before winter, if it have moisture. The root is round and most usually smooth, greyish without, and white within, having small

fibres at the head of the root, and bottom of the stalk.

*Place.*—It grows very plentifully in many places in the land, but especially in all the western parts thereof, upon stone and mud walls, upon rocks also, and in stony places upon the ground, at the bottom of old trees.

*Time.*—It usually flowers in the beginning of May, and the seed ripens quickly after it sheds itself; so that about the end of May, usually the leaves and stalks are withered and dry.

*Government and virtues.*—The juice or the distilled water when drank, is very effectual for all inflammations and unnatural heats, to cool a faint hot stomach, a hot liver, or the bowels; the herb juice, or distilled water thereof, outwardly applied, heals all pimples, St. Anthony's fire, and other outward heats. The same juice or water helps to heal sore kidneys, torn or fretted by the stone, or exulcerated within; it also provokes urine, is available for the dropsy, and helps to break the stone. Being used as a bath, or made into an ointment, it cools the painful piles. It is no less effectual to give ease to pains of the gout, the sciatica, and the inflammations and swellings; it helps the kernels or knots in the neck or throat, called the king's evil; healing kibes and chilblains, if they be bathed with the juice, or anointed with ointment made thereof, and some of the skin of the leaf upon them; it is also used in green wounds to stay the blood, and to heal them quickly.

#### KNAPWEED.

Fluxes, Bleeding, Blows, Cankers, Sore Throat, Jaws.

*Description.*—The common sort has many long and somewhat broad, dark green leaves, rising from the root, dented about the edges, and sometimes a little rent and torn on both sides in two or three places, and somewhat hairy withal; amongst which arises a long round stalk, four or five feet high, divided into many branches, at the tops whereof stand great scaly green heads, and from the middle of them

thrust forth a number of dark purplish red thrums or threads, which after they are withered and past, there are found many black seeds, lying in a great deal of down, somewhat like thistle seed, but smaller; the root is white, hard and woody, and many fibres annexed thereunto, which do not perish.

*Place.*—It grows in most fields and meadows, and about their borders and hedges, and in many waste grounds also.

*Time.*—It usually flowers in June or July, and the seed is ripe shortly after.

*Government and virtues.*—This knapweed helps to stay fluxes, both of blood at the mouth or nose, or other outward parts, and those veins that are inwardly broken, or inward wounds, as also the fluxes of the belly; it stays distillations of thin and sharp humors from the head upon the stomach and lungs; it is good for those that have ruptures, by drinking the decoction of the herb and roots in wine, and applying the same outwardly to the place. It is good for all running sores, cancerous and fistulous, drying up the moisture, and healing them gently, without sharpness; it does the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the throat, swelling of the uvula and jaws, and excellent to stay bleeding and heal up all green wounds.

#### RYE.

Inflammations, Piles, Chops of the Hands or Feet.

This is so well known in all parts of the land, and especially to the country people, who feed much thereon, that if I describe it, they would presently say I might as well have spared that labor.

*Government and virtues.*—Rye is more digesting than wheat; the bread and leaven thereof ripens and breaks imposthumes, boils, and other swellings. The meal of rye put between a double cloth, and moistened with a little vinegar, and heated in a pewter dish, set over a chaffing dish of coals, and bound fast to the head while it is hot, much eases the continual

pains of the same. Take the ashes of rye straw, put it into water, and steep it therein a day and a night, and the chaps of the hands or feet washed therewith, is quickly healed. Outward parts, and those veins that are inwardly broken, or inward wounds, as also the fluxes of the belly; it stays distillations of thin and sharp humors from the head upon the stomach and lungs; it is good for those that are bruised by any fall, blows, or otherwise, and is profitable for those that have ruptures, by drinking the decoction of the herb and roots in wine, and applying the same outwardly to the place. It is very good for all running sores, cancerous and fistulous, drying up of the moisture, and healing them gently, without sharpness; it does the like to running sores or scabs of the head or other parts. It is of special use for the soreness of the throat, swelling of the uvula and jaws, and is excellent to stay bleeding, and to heal up all green wounds.

#### KNOTGRASS.

Bleeding, Bloody Flux, Worms, Cankers, Ulcers, Wounds.

It is generally known so well that it needs no description.

*Place.*—It grows in every county of the land, by the high way-sides and by foot-paths in fields; as also by the sides of old walls.

*Time.*—It springs up late in the spring, and abides all winter, when the branches perish.

*Government and virtues.*—The juice of the common kind of knotgrass is most effectual to stay bleeding of the mouth, when drank in steeled or red wine; and the bleeding at the nose, to be applied to the forehead or temples. It is no less effectual to cool and temper the heat of the blood and stomach, and to stay any flux of the blood and humors, as lasks, bloody flux, women's courses, and running of the reins. It is good to provoke urine, help the strangury, and allay the heat that comes thereby; and is powerful by urine to expel the gravel or stone in the kidneys and bladder, a drachm of the powder of the

herb being taken in wine for many days together. Being boiled in wine and drank, it is profitable to those that are stung or bitten by venomous creatures, and very effectual to stay all defluxions of rheumatic humors upon the stomach, and kills worms in the belly or stomach, quiets inward pains that arise from the heat, sharpness and corruption of blood and choler. The distilled water taken by itself, or with the powder of the herb or seed, is very effectual for all the purposes aforesaid, and is accounted one of the most sovereign remedies to cool all manner of inflammations, breaking out through heat, hot swellings and imposthumes, gangrene and fistulous cankers, or foul, filthy ulcers, when applied or put into them; but especially for all sorts of ulcers and sores, happening in the privy parts of men and women. It helps all fresh and green wounds, and speedily heals them. The juice dropped into the ears, cleanses them when foul, and having running matter in them.

#### LADIES' MANTLE.

Vomiting, Fluxes, Flaging Breasts, Barrenness, Women with Child.

*Description.*—It has many leaves rising from the root, standing upon long, hairy footstalks, being almost round, and a little cut on the edges, into eight or ten parts, making it seem like a star, with many corners and points, and dented round, of a light color, somewhat hard in handling, and as it were folded or plaited at first, and then crumpled in divers places, and a little hairy, as the stalk is also, which rises up among them to the height of two or three branches, with small, yellowish green heads, and flowers of a whitish color breaking out of them; which being past, there comes a small, yellowish seed, like a poppy-seed. The root is somewhat long and black, with many strings and fibres.

*Place.*—It grows naturally in pastures and wood-sides.

*Time.*—It flowers in May and June, abides after seed-time, and green all winter.

*Government and virtues.*—Ladies' mantle is very

proper for those wounds that have inflammations, and is very effectual to stay bleeding, vomiting, fluxes of all sorts, bruises by falls or otherwise, and helps ruptures; and such women or maids as have over great flaging breasts, causing them to grow less and hard; being both taken, and outwardly applied for twenty days together, helps conception, and to retain the birth, if the woman sometimes sits in a bath made of the decoction of the herb. It is one of the most singular wound herbs that is known, and therefore highly prized and praised by a good many, to drink a decoction thereof, and wash the wounds therewith, or dip tents therein, and put them into the wounds, which wonderfully dry up all humidity of the sores, and abates inflammations therein. It quickly heals all green wounds, not suffering any corruption to remain behind, and cures all old sores, though fistulous and hollow.

#### LAVENDER.

Heads, Brains, Lethargy, Convulsions, Cramps, Palsy, Liver, Loss of Voice.

Being an inhabitant in almost every garden, it is so well known that it needs no description.

*Time.*—It flowers about the end of June and first of July.

*Government and virtues.*—Lavender is of a special good use for all the affections and pains of the head and brain that proceed from a cold, as the apoplexy, falling sickness, the dropsy, or a sluggish malady, cramps, convulsions, palsies, and often faintings. It strengthens the stomach, and frees the liver and spleen from obstructions, provokes women's courses, and expels the dead child and after-birth. The flowers of lavender steeped in wine, helps those to urinate that are stopped, or are troubled with wind or colic, if the place be bathed therewith. A decoction made with the flowers of lavender, hoarhound, fennel and asparagus root, and a little cinnamon, is very useful to help the falling sickness, and the giddiness, or turning of the brain; to gargle the mouth with the decoction, is

also good for the toothache. Two spoonsful of the distilled water of the flowers taken, helps them that have lost their voice, as also the tremblings and passions of the heart, and faintings and swoonings, not only when drank, but applied to the temples, or snuffed into the nostrils; but it is not safe to use it where the body is replete with blood and humors, because of the hot and subtle spirits wherewith it is possessed. The chemical oil drawn from lavender, usually called oil of spike, is of so fierce and piercing a quality that it is cautiously to be used, some few drops being sufficient, to be given with other things, either for inward or outward affections.

#### LETTUCE.

Watchings, Headache, Indigestions, Increases Milk, Bowels, Heat of Urine.

This herb is so well known that it needs no description.

*Government and virtues.*—The juice of lettuce mixed or boiled with oil of roses, applied to the forehead and temples, procures sleep, and eases the headache proceeding from a hot cause. Being eat boiled, it helps to loosen the belly. It assists digestion, quenches thirst, increases milk in nurses, eases gripping pains in the stomach and bowels, that come of choler. Applied to the region of the heart, liver or reins, or by bathing the place with juice of the distilled water, in which some white sanders or red roses are put, it not only represses the heat and inflammations therein, but comforts and strengthens those parts, and also tempers the heat of urine. The seed and distilled water of the lettuce work the same effects in all things; but the use of lettuce is chiefly forbidden for those that are short-winded, or have any imperfections in the lungs, or spit blood.

#### WATER LILY.

Flux, Running of the Reins, Venery, Freckles.

Of these, there are two kinds, viz: the white and the yellow.

*Description.*—The white lily has very large and thick dark green leaves lying on the water, sustained by long and thick footstalks, that arise from a great, thick, round, and long tuterous black root, spongy or loose, with many knobs thereon, like eyes, and whitish within; from amidst which rise other, like thick green stalks, sustaining one large great flower thereon, green on the outside, but as white as snow within, consisting of divers rows of long and somewhat thick and narrow leaves, smaller and thinner, the more inward they be, encompassing a head with many yellow threads or thrums in the middle; where, after they are past, stand round poppy-like heads, full of broad, oily and bitter seed.

The yellow kind is but little different from the former, save only that it has less leaves on the flowers, greater and more shining seed, and a whitish root, both within and without. The root of both is somewhat sweet in taste.

*Place.*—They are found growing in great ponds and standing waters, and sometimes in slow running rivers.

*Time.*—They flower in May.

*Government and virtues.*—The leaves and flowers of the lilies are cold and moist, but the roots and seeds are cold and dry; the leaves cool all inflammations, both outward and inward, and heat of agues; and so do the flowers also, either by the syrup or conserve; the syrup helps much to procure rest, and to settle the brain of frantic persons, by cooling the hot temperature of the head. The seed, as well as the root, is effectual to stay fluxes of blood or humors, either of wounds or of the belly; but the roots are most used, and more effectual to cool, bind, and restrain all fluxes in both sexes; also running of the reins and passing away of the seed when one is asleep; but the frequent use thereof extinguishes venereal actions. The root is likewise very good for those whose urine is hot and sharp, when boiled in wine and water, and the decoction drank. The distilled water of the flowers is very effectual for all the

diseases aforesaid, both inwardly and outwardly applied; and is much recommended to take away freckles, spots, sunburn and morphew from the face, or other parts of the body. The oil made of the flowers, as oil of roses is made, is profitably used to cool hot tumors, and to ease the pains, and help the sores.

#### WHITE LILIES.

Dropsy, Scald Head, Sinews, Swellings in the Privates, Burstings.

*Government and virtues.*—They are excellent in pestilential fevers, the roots being bruised and boiled in wine and water, and the decoction drank. The juice of it when tempered with barley-meal baked, and so eaten for ordinary bread, is an excellent cure for the dropsy. An ointment made of the root, and hog's grease, is good for scald heads, unites the sinews when they are cut, and cleanses ulcers. The root boiled in any convenient decoction, gives speedy delivery to women in travail, and expels the after-birth. The root roasted, and mixed with a little hog's grease, makes a fine poultice to ripen and break plague-sores. The ointment is excellent for swellings in the privates, and will cure burnings and scaldings without a scar, and trimly deck a blank place with hair.

#### LIQUORICE.

Hoarseness, Phthisic, Consumption, Strangury, Heat of Urine.

*Description.*—Our English liquorice rises up with divers woody stalks, wherein are set, at several distances, many narrow, long, green leaves, set together on both sides of the stalk, and an odd one at the end, very well resembling a young ash-tree sprung up from the seed. This, by many years continuance in a place without removing, and not else, will bring forth flowers, many standing together, spike fashion, one above another upon the stalk, of the form of pea blossoms, but of a very pale blue color, which turn into long, and somewhat flat and smooth pods, wherein is contained a small, round, hard seed. The roots

run down exceedingly deep into the ground, with many other small roots and fibres growing with them, and shoot out suckers from the main roots all about, whereby it is much increased, of a brownish color on the outside, and yellow within.

*Place.*—It is planted in fields and gardens, in many places, and thereof good profit is made.

*Government and virtues.*—Liquorice boiled in clear water, with some maiden-hair and figs, makes a good drink for those that have a dry cough or hoarseness, wheezing or shortness of breath, and for all the affections of the breast and lungs, phthisic, or consumption, caused by the distillations of salt humors on them. It is also good in all pains of the reins, the strangury, and heat of urine. The fine powder of liquorice blown through a quill into the eyes that have a pin and web, or rheumatic distillations in them, cleanses and helps them. The juice of liquorice is as effectual in all the diseases of the breast and lungs, the reins and the bladder, as the decoction.

#### LIVERWORT.

Liver, Inflammations, Whites, Worms.

*Description.*—Common liverwort grows close, and spreads much upon the ground, in moist and shady places, with many small green leaves, or rather sticking flat to one another, very unevenly cut in on the edges, and crumpled; from among which arise small slender stalks, an inch or two high at most, bearing small, star-like flowers at the top; the roots are very fine and small.

*Government and virtues.*—It is a singular good herb for all the diseases of the liver, both to cool and cleanse it, and helps the inflammations in any part, and the yellow jaundice likewise. When bruised and boiled in small beer, and drank, it cools the heat of the liver and kidneys, and helps the running of the reins in men and the whites in women; it is a singular remedy to stay the spreading of tetter, ring-worms, and other fretting and running sores and scabs, and is an excellent remedy for those whose

livers are corrupted by surfeits, which cause their bodies to break out, for it fortifies the liver exceedingly, and makes it impregnable.

### LOVAGE.

Provokes Terms, Cold Stomach, Quinsy, Freckles, Colic.

*Description.*—It has many long and great stalks, of large winged leaves, divided into many parts, like smallage, but cut much larger, every leaf being cut about the edges, broadest forward, and sinallest at the stalk, of a sad green color, smooth and shining; from among which rise up sundry strong, hollow, green stalks, five or six, sometimes seven or eight feet high, full of joints, but less leaves set on them that grow below; and with them towards the tops come forth large branches, bearing at their tops large umbels of yellow flowers, and after them flat brownish seed. The root grows thick, great and deep, and spreading much, and enduring long, of a brownish color on the outside, and whitish within. The whole plant smelling strong and aromatically, and is of a hot, sharp, biting taste.

*Place.*—It is usually planted in gardens, where, if it be suffered, it grows very large.

*Time.*—It flowers in the end of July, and seeds in August.

*Governmet and virtues.*—It opens, cures, and digests humors, and mightily provokes women's courses and urine. Half a drachm at a time of the dried root in powder, taken in wine, wonderfully warms a cold stomach, helps digestion, and consumes all raw and superfluous moisture therein; eases all inward gripings and pains, dissolves wind and resists poison and infection. It is a known and much prized remedy to drink the decoction of the herb for any sort of ague, and to help the pains and torments of the body and bowels coming of cold. The seed is effectual for all the purposes aforesaid (except the last) and works more powerfully. The distilled water of the herb helps the quinsy in the throat, if the mouth and throat be gargled and washed therewith, and the

pleurisy, when drank three or four times. When dropped into the eyes, it takes away spots or freckles in the face. The leaves bruised and fried with a little hog's lard, and laid hot on any blotch or boil, will quickly break it.

#### LUNGWORT.

Lungs, Wheezings, Ulcers in the Privates.

*Description.*—This is a kind of moss that grows on sundry sorts of trees, especially oaks and beeches, with broad, greyish, tough leaves, diversely folded, crumpled, and gashed in on the edges, and some spotted also, with many small spots on the upper side. It was never known to bear any stalk or flower at any time.

*Government and virtues.*—It is of great use to help the diseases of the lungs, and for coughs, wheezings, and shortness of breath, and helps both man and beast. It is very profitable to put into lotions that are taken to stay the moist humors that flow to ulcers, and hinder their healing, as also to wash all other ulcers in the privy parts of man or woman. It is an excellent remedy boiled in beer for broken-winded horses.

#### MALLOWS AND MARSH-MALLOWS.

Agues, Belly, Travail in Women, Roughness, Sore Throat, Stone, Reins, Kidneys, King's Evil, Chin Cough.

Common mallows are generally so well known that they need no description.

*Description.*—Our common marsh-mallows have divers soft, hairy, white stalks, rising three or four feet high, spreading forth many branches, the leaves whereof are soft and hairy, somewhat smaller than the other mallow leaves, but longer pointed, cut for the most part, into some few divisions, but deep. The flowers are many, but smaller also than the other mallows, and white, or tending to a bluish color. After which come such long, round cases and seeds, as are in other mallows. The roots are many and long, shooting from one head, of the bigness of a

thumb or finger, very pliant, tough, and being like liquorice, of a whitish yellow color on the outside, and more white within, full of a slimy juice, which being laid in water, will thicken, as if it were a jelly.

*Place.*—The common mallows grow in every country of this country. The common marsh-mallows in most of the salt marshes.

*Time.*—They flower all the summer months, even until the winter causes them to fall.

*Government and virtues.*—The leaves of either of the sorts before specified, and the roots also, boiled in wine and water, or in broth with parsley or fennel roots, help to open the body, and are very convenient in hot agues, or other distempers of the body, and also to apply the leaves so boiled to the belly. It not only voids hot, choleric, and other offensive humors, but eases the pains of the belly coming thereby; and are, therefore, used in all clysters conducing to those purposes. The same used by nurses procures them abundance of milk. The decoction of the seed of any of the common mallows made in milk or wine, marvellously helps excoriations, the phthisic, pleurisy, and other diseases of the lungs and chest, that proceed from hot causes, if it be continued taking for sometime together. The leaves and roots work the same effects. They help much also in the excoriations of the intestines and bowels, and hardness of the mother, and in all hot and sharp diseases thereof. The juice drank in wine, or the decoction of them therein, helps women to a speedy and easy delivery. Pliny says, "That whosocver shall take a spoonful of any of the mallows shall that day be free from all diseases that may come to him; and that it is special good for the falling sickness." The syrup also and conserve made of the flowers, are very effectual for the same diseases, and to open the body when costive. The leaves bruised and laid on the eyes, with a little honey, take away the imposthumes of them. The leaves bruised or rubbed upon the place stung with bees, wasps, or the like, presently take away the pains, redness and swellings that arise therefrom; and Dioscorides says,

"The decoction of the roots and leaves helps all sorts of poison, so as the poison be presently voided by vomit." A poultice made of the leaves, boiled and bruised, with some bean or barley flower, and oil of roses added, is an especial remedy for all hard tumors and inflammations, or imposthumies or swellings of the cods and other parts, and eases the pains of them; as also for the hardness of the liver or spleen, if applied to the places. The juice of mallows boiled in old oil and applied, takes away all roughness of the skin, as also the scurf, dandruff, or dry scabs in the head, or other parts, if it be anointed therewith, or washed with the decoction, and preserves the hair from falling off. It is also effectual for scaldings and burnings, St. Anthony's fire, and all other hot, red, and painful swellings in any part of the body. The flowers boiled in oil or water and a little honey and alum added, is an excellent gargle to wash, cleanse or heal any sore mouth or throat in a short space. If the feet be bathed or washed with the decoction of the leaves, roots, and flowers, it helps the defluxions of rheum from the head; if the head be washed therewith, it stays the falling and shedding of the hair. The green leaves beaten, with nitre, and applied, draw out thorns or prickles in the flesh. The marshmallows are more effectual in all the diseases before mentioned. The leaves are likewise used to loosen the bowels gently, and in decoctions for clysters to ease all pains of the body, opens the strait passages, and making them slippery, whereby the stone may descend the more easily, and without pain, out of the reins, kidneys, and bladder, and ease the torturing pains thereof. But the roots are of more special use for those purposes, as well for coughs, hoarseness, shortness of breath and wheezings, when boiled in wine, or honeyed water, and drank. The roots and seeds, boiled in wine and water, are, with good success, used by them that have excoriations in the intestines, or the bloody flux, by qualifying the violence of sharp fretting humors, easing pains, and healing the soreness. It is profitably taken by them that are

troubled with ruptures, cramps or convulsions of the sinews; and boiled in white wine, for the impostumes of the throat, commonly called the king's evil, and kernels that rise behind the ears, and inflammations or swellings in women's breasts. The dried roots, boiled in milk and drank, is special good for the chin cough. Give the decoction of the roots, or the juice thereof, for drink, to those that are wounded and ready to faint through loss of blood, and apply, the same mixed with honey and rosin to the wounds. As also, the roots boiled in wine to those that have received any hurt by bruises, falls, or blows, or had any bone or member out of joint, or any swelling pain, or ache in the muscles, sinews or arteries. The mucilage of the roots, and of linseed and fenugreek put together, is much used in poultices, ointments, and plasters, to mollify and digest all hard swellings, and the inflammations of them, and to ease pains in any part of the body. The seed, either green or dry, mixed with vinegar, cleanses the skin of morphew, and all other discolorings, by being heated therewith in the sun.

#### MAPLE TREE.

Strengthens the Liver and Spleen.

*Government and virtues.*—The decoction, either of the leaves or bark, must needs strengthen the liver much, and so you will find it to do, if you use it. It is excellent to open obstructions, both in the liver and spleen, and eases pains of the sides proceeding therefrom.

#### WILD MARJORAM.

Stomach, Appetite, Consumption of the Lungs, Provokes Urine, Dropsy, Deafness, Pains in the Ears.

*Description.*—Wild or field marjoram has a root which creeps much under ground, which continues a long time, sending up sundry brownish, hard, square stalks, with small dark green leaves, much like those of sweet marjoram, but harder and somewhat broader; at the top of the stalks stand tufts of flowers, of a

deep purplish red color. The seed is small and somewhat blacker than that of sweet marjoram.

*Place.*—It grows plentifully on the borders of corn-fields, and in some copses.

*Time.*—It flowers towards the latter end of summer.

*Government and virtues.*—It strengthens the stomach and head much, and there is scarce a better remedy growing for such as are troubled with a sour humor in the stomach; it restores the appetite when lost; helps the cough, and consumption of the lungs; it cleanses the body of choler, expels poison, and remedies the infirmities of the spleen; helps the bitings of venomous beasts, and such as have poisoned themselves by eating hemlock, henbane, or opium. It provokes urine, and the terms in women, helps the dropsy, and the scurvy, scabs, itch, and yellow jaundice. The juice dropped into the ears, helps deafness, pain, and noise in them.

#### SWEET MARJORAM.

Head, Breast, Womb, Dropsy, Provokes the Terms, Sneezing.

*Place.*—They grow commonly in gardens; some sorts grow wild on the borders of corn-fields and pastures, in sundry places of the land; but it is not my purpose to insist upon them. The garden kinds being most used and useful.

*Time.*—They flower in the end of summer.

*Government and virtues.*—This herb is an excellent remedy for the brain and other parts of the body and mind, under the dominion of the same planet. Our common sweet marjoram is warming and comfortable in the cold diseases of the head, stomach, sinews, and other parts, taken inwardly, or outwardly applied. The decoction thereof drank, helps all diseases of the chest which hinder the freeness of breathing, and is also profitable for the obstructions of the liver and spleen. It helps the cold affections of the womb, and the windiness thereof, and the loss of speech, by resolution of the tongue. The decoction made with some pellitory of Spain, and long pepper, or with a

few acorns, or origanum, and drank, is good for those that cannot make water, and for pains and torments in the belly; it provokes women's courses, if it be applied as a pessary. Being made into powder, and mixed with honey, it takes away the black marks of blows and bruises, when thereunto applied; it is good for the inflammations and watering of the eyes, being mixed with fine flour, and laid upon them. The juice dropped into the ears, eases the pains and singing noise in them. It is profitably put into those ointments and salves that are warm, and comforts the outward parts, as the joints and sinews; for swellings also, and places out of joint. The powder thereof snuffed up into the nose provokes sneezing, and thereby purges the brain; and chewed in the mouth, draws forth much phlegm. The oil made thereof, is very warm and comfortable to the joints that are stiff, and the sinews that are hard to mollify and supple them. Marjoram is much used in all odoriferous waters, or powders, that are for ornament or delight.

#### MARIGOLDS.

Heart, Vital Spirits, Measles, Hot Swellings, Fevers.

These being so plentiful in every garden that they need no description.

*Government and virtues.*—They strengthen the heart exceedingly, and are very expulsive, and little less effectual in the small-pox and measles than saffron. The juice of marigold leaves, mixed with vinegar, and hot swellings bathed with it, instantly gives ease, and assuages the pain. The flowers, either green or dried, are much used in possets, broths, and drink, as a comforter of the heart and spirits, and to expel any malignant or pestilential quality which might annoy them. A plaster made with the dry flowers in powder, hog's grease, turpentine, and rosin, applied to the breast, strengthens and succors the heat infinitely in fevers, whether pestilential or not pestilential.

## MASTERWORT.

Cold Griefs, Gravel, Women's Courses, Mother, Rotten Ulcers, Gout.

*Description.*—Common masterwort has divers stalks of winged leaves divided into sundry parts, three for the most part standing together at a small foot stalk on both sides of the greater, and three likewise at the end of the stalk, somewhat broad, and cut in on the edges into three or more divisions, all of them dented about the brims, of a dark green color, somewhat resembling the leaves of angelica, but that these grow lower to the ground, and on lesser stalks; among which rise up two or three short stalks about two feet high, and slender, with such like leaves at the joints which grow below, but with less divisions, bearing umbels of white flowers, and after them thin, flat, blackish seeds, bigger than dill seeds. The root is somewhat greater, and growing rather sideways than down deep in the ground, shooting forth sundry heads, which taste sharp, biting on the tongue, and is the hottest and sharpest part of the plant, and the seed next to it, being somewhat blackish on the outside, and smelling well.

*Place.*—It is usually kept in gardens.

*Time.*—It flowers and seeds about the end of August.

*Governement and virtues.*—The root of masterwort is hotter than pepper, and very available in cold griefs and diseases both of the stomach and body, dissolving very powerfully upwards and downwards. It is also used in a decoction with wine for all cold rheums, distillation upon the lungs, or shortness of breath, to be taken morning and evening. It also provokes urine, and helps to break the stone, and expel the gravel from the kidneys, provokes women's courses, and expels the dead birth. It is singularly good for strangling of the mother, and other feminine diseases. It is effectual also against the dropsy, cramps, falling sickness; the decoction in wine being gargled in the mouth, draws down much water and phlegm from the brain, purging and easing it of what oppresses it.

It is of a rare quality for all sorts of cold poison, to be taken as there is cause, as it provokes sweat. But lest the taste thereof, or of the seed, should be too offensive, the best way is to take the water distilled both from the herb and root. The juice dropped, or tents dipped therein, and applied either to green wounds or filthy rotten ulcers, and those that come by envenomed weapons, soon cleanses and heals them. The same is also very good to help the gout coming of a cold cause.

#### THE MEDLAR.

Miscarriages, Women's Longings, Women's Courses, Piles, Stone in the Kidneys.

*Description.*—The tree grows near the bigness of the quince tree, spreading branches reasonably large, with longer and narrower leaves than either the apple or quince, and not dented about the edges. At the end of the sprigs, stand the flowers, made of fine white, great broad-pointed leaves, nicked in the middle with some white threads also; after which comes the fruit, of a brownish green color when ripe, bearing a crown as it were on the top, which were the five green leaves; and being rubbed off, or fallen away, the head of the fruit is seen to be somewhat hollow. The fruit is very harsh before it is mellowed, and has usually five hard kernels within it. There is another kind nothing differing from the former, but that it has some thorns on it in several places, which the other has not; and usually the fruit is small, and not so pleasant.

*Government and virtues.*—A plaster made of the fruit dried before they are rotten, and other convenient things, and applied to the reins of the back, stops miscarriage in women with child. They are very powerful to stay any fluxes of the blood or humors in men and women; the leaves also have this quality. The fruit eaten by women with child, stays their longing after unusual meats, and is very effectual for them that are apt to miscarry, and may be delivered before their time, to help that malady, and

make them joyful mothers. The decoction of them is good to gargle and wash the mouth, throat and teeth; when there is any defluxions of blood to stay it, or of humors which cause the pains and swellings. It is a good bath for women to sit over that have their courses flow too abundant; or for the piles when they bleed too much. If a poultice or plaster be made with dried medlars, beat and mixed with the juice of red roses, and a few cloves and nutmegs added, and a little red coral also, and applied to the stomach, that is given to casting or loathing of meat, it effectually helps it. The dried leaves in powder strewed on fresh bleeding wounds, restrain the blood and heal up the wound quickly. The medlar stones made into powder, and drank in wine, wherein some parsley-roots have laid infused all night, or a little boiled, break the stone in the kidneys, and helps to expel it.

#### DOG MERCURY.

Jaundice, V'arts, Scabs, Women's Sickness.

*Description.*—It is of two kinds, male and female, having many stalks slender and lower than mercury, without any branches at all upon them; the root is set with two leaves at every joint, somewhat harder in handling; of a dark, green color, and less dented or snipped about the edges. At the joints with the leaves comes forth longer stalks than the former, with two hairy round seeds upon them, twice as big as those of the former mercury. The taste thereof is herby, and the small, somewhat strong and virulent. The female has much harder leaves, standing upon longer footstalks, and the stalks are also longer; from the joints come forth spikes of flowers like the French female mercury. The roots of them both are many, and full of small fibres, which run under ground, and mat themselves very much, not perishing as the former mercury, but abiding all winter, and shoot forth new branches every year; the old lie down on the ground.

*Time.*—They flower in the summer months, and therein give their seed.

*Govern ment and virtues.*—The decoction of the leaves of mercury, or the juice thereof in broth, or drank with a little sugar put in it, purges choleric and waterish humors. It is very good for women's diseases, and applied to the secret parts, eases the pains of the mother; and the decoction of it is used both to procure women's courses, and to expel the after-birth; and also with myrrh and pepper, or the leaves applied outwardly for strangury and diseases of the reins and bladder. It is also good for sore and watery eyes, and for deafness and pains in the ears, by dropping the juice into them, and bathing them afterwards in white wine. The decoction made with water and a cock chicken, is a most safe medicine for the hot fits of ague. It also cleanses the breast and lungs of phlegm, but a little offends the stomach. The juice or distilled water snuffed up into the nostrils, purges the head and eyes of catarrhs and rheums. Some use a drink of two or three ounces of the distilled water, with a little sugar put to it, in the morning, fasting, to open and purge the body of gross, viscous, and melancholy humors. It is good to use the seed both of the male and female mercury, boiled with wormwood and drank, which cures the yellow jaundice in a speedy manner. The leaves or the juice rubbed upon warts, takes them away. The juice mingled with some vinegar, helps all running scabs, tetterers, ringworms, and the itch. It being applied in the manner of a poultice to any swelling or inflammation, digests the swelling, and allays the inflammations; and given in clysters, it evacuates from the belly offensive humors. The dog mercury, although it be less used, yet may serve in the same manner, for the same purpose, to purge waterish and melaucholy humors.

## MINT.

Provokes Humors, Stays Vomitings, Ears, Pains of the Head, Scabs of the Fundament, Sore Mouth, Palate Down, King's Evil.

Of all the kinds of mint, the spearmint, or heart-mint, is most used, and I shall only describe it as follows.

*Description.*—Spearmint has divers round stalks, and long but narrow leaves set therein, of a dark green color. The flowers stand in spiked heads at the tops of the branches, being of a pale blue color. The smell or scent is somewhat like basil ; it increases by the root under ground, as all others do.

*Place.*—It is an usual inhabitant in gardens ; and because it seldom gives any good seed, the effects are recompensed by the plentiful increase of the root, which, when once planted in a garden, will hardly be got out again.

*Time.*—It flowers not until the beginning of August, for the most part.

*Government and virtues.*—This herb dissolves impostumes when laid on with barley meal. It is good to repress the milk in women's breasts. Applied with mead and honey water, it eases the pains of the ears, and takes away the roughness of the tongue, being rubbed thereon. It prevents milk from curdling in the stomach, if the leaves be steeped or boiled in it before you drink it—briefly, it is very profitable to the stomach. Being applied to the forehead and temples, it eases the pains in the head, and is good to wash the heads of young children with, for all manner of breakings out, of sores or scabs thereon, and heals the chaps of the fundament. The distilled water of mint is available for all the purposes aforesaid, yet it is more weak. It is good for the gnawings of the heart, provokes appetite, takes away obstructions of the liver, strengthens the belly ; causes digestion, stays vomits and the hickup ; taken with wine, it helps women in their sore travail in child-bearing. It is good for the gravel and stone in the kidney, and the strangury. Being smelled of, it is

comfortable for the head and memory. The decoction gargled in the mouth, cures the gums and mouth that are sore, as also the rue and scorinder; causes the palate of the mouth to turn to its place, the decoction being gargled and held in the mouth.

The virtues of the wild or horsemint, such as grow in ditches, are especially to dissolve wind in the stomach, to help the colic, and those that have pains in the ears, if the juice is dropped therein, and destroys the worms that breed therein. The juice laid on warm, helps the king's evil, or kernels in the throat. The decoction or distilled water helps a stinking breath, proceeding from corruption of the teeth, and snuffed up the nose, purges the head.

#### MAYWEED.

This herb is so well known by every child of eight years old that it needs no description. I shall, therefore, only give its virtues.

The decoction taken at night when going to bed, wonderfully provokes sweat, and is exceedingly good for all colds and choleric complaints; likewise it proves very effectual in taking away the pains in the back, sides, or elsewhere, if a sweat is continued, and is the most admirable sweat herb in case of fevers, of whatever kind ever known, which is easily proved by a single trial.

#### MOSSES.

Fluxes, Vomiting, Dropsy, Headache.

*Place.*—The ground moss grows in our moist woods, and at the bottom of hills, in boggy grounds, and in shadowy ditches, and many such like places. The tree moss grows only on trees.

*Government and virtues.*—The ground moss is held to be singularly good to break the stone, and to expel and drive it forth by urine, by being boiled in wine and drank. The herb bruised and boiled in water, and applied, eases all inflammations and pains coming from a hot cause; and is therefore used to ease the pains of the gout. The tree mosses are cooling and binding, and partake of a digesting and mollify-

ing quality withal. But each partakes of the nature of the tree from whence it is taken; therefore that of the oak is binding, and is of good effect to stay fluxes in men or women; as also vomiting or bleeding when the powder thereof is taken in wine. The decoction also in wine is very good for women to be bathed with, or to sit in, that are troubled with the overflowing of their courses. The same drank, stays the stomach that is troubled with casting, or the hickup. The powder taken in drink for some time together, is thought available for the dropsy. The oil that has had fresh moss steeped therein for a time, and afterwards boiled and applied to the temples and forehead, marvellously eases headache coming of a hot cause; as also the distillations of hot rheums or humors in the eyes, or other parts.

#### MOTHERWORT.

Melancholy Vapors, Sore Travail, Women's Courses, Cold Phlegm, Cramp.

*Description.*—This has a hard, square, brownish, rough, strong stalk, rising three or four feet high at least, spreading into many branches, whereon grow leaves on each side, with long footstalks, two at every joint, which are somewhat broad and long, as if they were rough or coupled with many great veins therein, of a sad green color, and deeply dented about the edges, and almost divided. From the middle of the branches up to the tops of them grow the flowers round them at distances, in sharp-pointed, rough, hard husks, of a more red or purple color than balm or hoarhound, but in the same manner or form as the hoarhounds, after which come small, round, blackish seeds in great plenty. The root sends forth a number of long strings and small fibres, taking strong hold in the ground, of a dark yellowish, or brownish color, and abides as the hoarhound; the smell of this not much differs from it.

*Place.*—It grows only in gardens.

*Government and virtues.*—There is no better herb to take melancholy vapors from the heart, to strength-

en it and make a merry, cheerful, blithe soul, than this. It may be kept in a syrup or conserve; it makes women joyful mothers of children, and settles their wombs as they should be, therefore we call it motherwort. It is held to be of much use for the trembling of the heart, and faintings and swoonings. The powder thereof, in the quantity of a spoonful, drank in wine, is a wonderful help to women in their sore travail, as also for the suffocating or risings of the mother; and for these effects, it is likely it took the name of motherwort. It also provokes urine and women's courses, cleanses the chest of cold phlegm oppressing it, kills worms in the belly. It is good to warm and dry up the humors, to digest and disperse them that are settled in the veins, joints, and sinews of the body, and to help cramps and convulsions.

#### MOUSE-EAR.

Jaundice, Belly-Ache, Stops the Terms, Cough, Spreading Sores.

*Description.*—Mouse-ear is a low herb, creeping upon the ground by small strings, like the strawberry plant, whereby it shoots forth small roots, whereat grow upon the ground many small and somewhat short leaves, set in a round form together, and very hairy, which being broken, give a whitish milk. From among these leaves spring up two or three small hoary stalks about a span high, with a few smaller leaves thereon; at the tops whereof are yellow leaves, broad at the point, and a little dented in, set in three or four rows, very like a dandelion flower, and a little reddish underneath about the edges, especially if it grow in a dry ground; which, after they have stood long in flower, turn into down, which, with the seed, is carried away with the wind.

*Place.*—It grows on ditch-banks, and sometimes in ditches, if they be dry, and in sandy grounds.

*Time.*—It flowers about June or July, and abides green all winter.

*Government and virtues.*—The juice taken in wine, or the decoction drank, helps the jaundice, although of long continuance, when drank morning and even-

ing, and abstaining from other drink two or three hours after. It is a special remedy for the stone, and the tormenting pains thereof; as also other tortures and griping pains of the bowels. The decoction, with succory and centaury, is held very effectual to help the dropsy, and those that are inclining thereto, and the diseases of the spleen. It stays the fluxes of blood, either at the mouth or nose, and inward bleeding also, for it is a singular wound herb for wounds both inward and outward. It helps the bloody-flux, and the abundance of women's courses. The green herb bruised and presently bound on any cut or wound, quickly solders the lips thereof; and the juice, decoction, or powder of the dried herb, is most excellent to stay the malignity of all spreading and fretting cankers and ulcers whatsoever, in the mouth and secret parts. The distilled water of the plant is available in all diseases aforesaid, and to wash outward wounds and sores, by applying tents of cloths wet therein.

#### MUGWORT.

Womb, After-Birth, Pains in the Neck, King's Evil, Sinews, Cramp.

*Description.*—Common mugwort has divers leaves lying upon the ground, very much divided, or cut deeply in about the brims, somewhat like wormwood, but much larger, of a darker green color on the upper side, and very hoary white underneath. The stalks rise to be four or five feet high, having on them such like leaves as those below, but somewhat smaller, branching forth very much towards the top, whereon are set very small, pale, yellowish flowers, like buttons, which fall away, and after them come small seeds, inclosed in round heads. The root is long and hard, with many small fibres growing from it, which takes strong hold on the ground; but both stalks and leaf lie down every year, and the root shoots forth anew in the spring.

*Place.*—It grows plentifully in many places of this land, by water-courses and in gardens.

*Time.*—It flowers and seeds the last of summer.

*Government and virtues.*—Mugwort is, with good success, put among other herbs that are boiled for women to sit over the hot decoction to draw down their courses, to help the delivery of their birth, and expel the after-birth; as also for the obstructions and inflammations of the mother. It breaks the stone, and causes one to make water where it is stopped. The juice made up with myrrh, and put under as a pessary, works the same effect, and so does the root also. Being made up with hog's grease into an ointment, it takes away wens and hard knots and kernels that grow about the neck and throat, and eases the pains about the neck more effectually, if some field daisies be put with it. The herb itself when fresh, or the juice thereof taken, is a special remedy in case of the overmuch taking of opium. Three drachms of the powder of the dried leaves taken in wine, is a speedy and certain help for the sciatica. A decoction made with camomile and agrimony, and the place bathed therewith while it is warm, takes away the pains of the sinews and cramp.

#### THE MULBERRY TREE.

Bleeding, Lasks, Sore Mouth and Throat, Toothache.

This is so well known where it grows, that it needs no description.

*Time.*—It bears fruit in the month of July and August.

*Government and virtues.*—The mulberry is of different parts; the ripe berries, by reason of their sweetness and slippery moisture, opening the body, and the unripe binding it, especially when they are dried, and then they are good to stay fluxes, lasks, and the abundance of women's courses. The bark of the root kills the worms in the body. The juice or the syrup made of the juice of the berries, helps all inflammations or sores in the mouth, or throat, and the palate when it is down. The leaves beat with vinegar, are good to lay on any place that is burnt with fire. A decoction made of the bark and leaves is good to wash the mouth and teeth when they ache.

If the root be a little slit or cut, and a small hole made in the ground next thereunto, in the harvest time, it will give out a certain juice, which being hardened the next day, is of good use to help the toothache, to dissolve knots, and purge the belly. The leaves of mulberries are said to stay bleeding at the mouth or nose, or the bleeding of piles, or of a wound, when bound on the places. A branch of the tree taken when the moon is at the full, and bound on the wrist of a woman's arm, whose courses come down too much, stays them in a short time.

#### MULLEIN.

Ruptures, Cramps, Toothache, Bloody Flux, Colic, Thorns, Splinters and Boils.

*Description.*—Common white mullein has many fair, large, woolly white leaves, lying next the ground, somewhat larger than broad, pointed at the end, and, as it were, dented about the edges. The stalk rises up to be four or five feet high, covered over with such like leaves, but less, so that no stalk can be seen for the multitude of leaves thereon up to the flowers, which come forth on all sides of the stalk, without any branches for the most part, and are many set together in a long spike; in some, of a yellow color, in others, more pale, consisting of five round pointed leaves, which afterwards have small round heads, wherein is small brownish seed contained. The root is long, white and woody, perishing after it has borne seed.

*Place.*—It grows by way-sides and lanes in many places of the land.

*Time.*—It flowers in July, or thereabouts.

*Government and virtues.*—A small quantity of the root given in wine, is good for lasks and fluxes of the belly. The decoction thereof drank, is profitable for those that are ruptured, and for cramps and convulsions, and for those that are troubled with an old cough. The decoction gargled, eases the pains of the toothache. And the oil made by the infusion of the flowers, is of very good effect for the piles. The

deoction of the root in red wine or in water, wherein red hot steel has been often quenched, stays the bloody flux. The same also opens obstructions of the bladder and reins when one cannot make water. A decoction of the leaves and of sage marjoram, and of camomile flowers, and the plaees bathed therewith, that have sinews stiff with cold or eramps, gives them much ease and eomfort. Three ounces of the distilled water of the flowers, drank morning and evening, for some days together, is said to be a most exceilent remedy for the gout. The juice of the leaves and flowers laid upon rough warts, also the powder of the dried roots rubbed on, easily takes them away. The powder of the dried flowers is an espeial remedy for those that are troubled with the bellyache, or the pains of the colie. The deeoction of the root, and likewise of the leaves, is of great effeet to dissolve the tumors, swellings, or inflammations of the throat. The seed and leaves boiled in wine, and applied, draws forth thorns or splinters out of the flesh, eases the pains, and heals them also. The seed bruised and boiled in wine, and laid on any limb that has been out of joint, and newly set again, takes away all swellings and pain thereof.

#### MUSTARD.

Chest, Lungs, Cough, Shortness of Breath, Belly, Back, Cankers, Testicles, Women's Breasts.

This herb is so well known that it needs no description.

*Government and virtues.*—It is an exceilent sauce for those whose blood wants clarifying, and for weak stomachs. Let those whose stomachs are so weak they cannot digest their food, or have no appetite for it, take of mustard seed a drachm, cinnamon as much, and having beaten them to powder, then add half as much mastie in powder, with gum Arabie dissolved in rose water; make it up into troehees, of which they may take one of about half a draehm weight an hour or two before meals. Mustard seed has the virtue of heat, discussing, rarifying, and drawing out

splinters of bones, and other things from the flesh. It is of good effect to bring down women's courses, for the falling sickness or lethargy, drowsy forgetful evil, to use it both inwardly and outwardly, to rub the nostrils, forehead and temples, to warm and quicken the spirits; for by the fierce sharpness it purges the brain by sneezing, and drawing down rheums and other vicious humors, which by their distillations upon the lungs and chest, produces coughing, and therefore with some honey added thereto, does much good therein. The decoction of the seed made in wine, and drank, provokes urine, resists the force of poison; and taken before the cold fit of agues, alters, lessens, and cures them: Being chewed in the mouth it oftentimes helps the toothache. The outward applications upon the pained place of the sciatica, discusses the humors, and eases the pains, as also the gout, and other joint aches; and is much and often used to ease pains in the sides or loins, the shoulders, or other parts of the body, by applying it to raise blisters, and cures the disease by drawing it to the outward parts of the body. It is also used to help the falling off of the hair. The seed bruised, mixed with honey, and applied, or made up with wax, takes away the marks and black and blue spots of bruises, or the like, the roughness or scabbiness of the skin, as also the leprosy. The distilled water of the herb, when it is in the flower, is much used to drink inwardly to help in any of the diseases aforesaid, or to wash the mouth when the palate is down, and for the diseases of the throat to gargle; but outwardly also for scabs, itch, or other like infirmities, and cleanses the face from morphew, spots, freckles, and other deformities.

#### THE HEDGE MUSTARD.

Chest, Lungs, Cough, Back, Cankers.

*Description.*—This grows up usually with but one blackish green stalk, tough, easy to bend, but not to break, branched into many parts, and sometimes with divers stalks set full of branches, whereon grow long,

rough, or hard rugged leaves, very much tore or cut on the edges in many parts, some bigger, and some smaller, of a dirty green color. The flowers are small and yellow, and grow on the tops of the branches in long spikes, flowering by degrees; so that continuing long in flower, the stalk will have small round pods at the bottom, growing upright and close to the stalk, while the top flowers yet show themselves, in which are contained small yellow seed, sharp and strong, as the herb is also.

*Place.*—This grows frequently by the ways and hedge-sides, and sometimes in the open fields.

*Time.*—It flowers most usually about July.

*Government and virtues.*—It is singularly good in all the diseases of the chest and lungs, hoarseness of voice; and by the use of the decoction, for a little time, those have been recovered who have lost their voice, and almost their spirits also. The juice made into a syrup, or licking medicine, with honey or sugar, is no less effectual for the same purpose, and for all other coughs, wheezing, and shortness of breath. The same is also profitable for those that have the jaundice, pleurisy, pains in the back and loins, and for torments in the belly, or colic, being also used in clysters. It is excellent for the sciatica, and in jointaches, ulcers, and cankers in the mouth, throat, or behind the ears, and no less so for the hardness and swelling of the testicles, or of woman's breasts.

#### NEP, OR CATMINT.

Provokes Terms, Barrenness, Womb, Mother, Cough, Difficulty of Breathing, Scabby Heads.

*Description.*—Common garden nep shoots forth hard four square stalks, with a hoariness on them, a yard high or more, full of branches, bearing at every joint two broad leaves like balm, but longer pointed, softer, white, and more hoary, nicked about the edges, and of a strong sweet scent. The flowers grow in large tufts at the tops of the branches, and underneath them, likewise, on the stalks, many together,

of a whitish purple color. The roots are composed of many long strings or fibres, fastening themselves stronger in the ground, and abide with green leaves thereon all winter.

*Place.*—It is only nursed up in our gardens.

*Time.*—It flowers in July, or thereabouts.

*Government and virtues.*—Nep is generally used for women to procure their courses, being taken inwardly or outwardly, either alone or with other convenient herbs in a decoction to bathe them, or sit over the hot fumes thereof; and by its frequent use, it takes away barrenness, and the wind, and pains of the mother. It is also used in pains of the head coming of any cold cause, catarrhs, rheums, and for swimming and giddiness thereof, and is of special use for the windiness of the stomach and belly. It is effectual for any cramp, or cold aches, to dissolve cold and wind that affects the place, and is used for colds, coughs, and shortness of breath. The green herb bruised and applied to the fundament, two or three hours, eases the pains of the piles; the juice also made up into an ointment, is effectual for the same purpose. The head washed with a decoction thereof is cured of scabs, and it is effectual for other parts of the body also.

#### NETTLES.

Lungs, Shortness of Breath, Almonds of the Ears, Gravel, Worms, Mad Dogs, Polypus, Morphew, Gout.

Nettles are so well known that they need no description; they may be found by feeling, in the darkest night.

*Government and virtues.*—Nettle tops eat in the spring consumes the phlegmatic superfluities in the body, that the coldness and moistness of winter has left behind. The roots or leaves boiled, or the juice of either of them, or both, made into an electuary, with honey and sugar, are a safe and sure medicine to open the pipes and passages of the lungs, which is the cause of wheezing and shortness of breath, and

helps to expectorate tough phlegm, as also to raise the imposthumed pleurisy, and expel it by spitting; the same helps the swelling of the almonds of the throat, the mouth and throat being gargled therewith. The juice is effectual to settle the palate of the mouth in its place, and to heal and temper the inflammations and soreness of the mouth and throat. The decoction of the leaves in wine, when drank, is singularly good to provoke women's courses, and settle the suffocation and strangling of the mother, and all other diseases thereof; as also applied outwardly with a little myrrh. The same also, or the seed, provokes urine, and expels the gravel and stone in the reins or bladder, and has often proved to be effectual in many that have taken it. The same kills the worms in children, eases the pains in the sides, and dissolves the windiness in the spleen, as also in the body. The juice of the leaves taken two or three days together, stays bleeding at the mouth. The distilled water of the herb is also effectual for the diseases aforesaid; for outward wounds and sores to wash them with, and to cleanse the skin of morphew, leprosy, and other discolorings. The seed or leaves bruised and put into the nostrils, stays bleeding of the nose, and takes away the flesh growing in them called polypus. The juice of the leaves, or the decoction of them, or of the root, is excellent to wash either old, rotten, or stinking sores or fistulas, and gangrenes, and also fretting, eating or corroding scabs, manginess, and itch, in any part of the body, as also green wounds, by washing them therewith, or applying the green herb bruised thereunto, although the flesh may be separated from the bones. An ointment made of the juice, oil, and a little wax, is singularly good to rub cold and benumbed limbs. A handful of the leaves of green nettles, and another of wallwort, or deanwort, bruised and applied, simply themselves, to the gout, sciatica, or jointaches, in any part, has been found to be an admirable remedy.

## NIGHTSHADE.

Inflammations in the Eyes, Testicles and Gout.

*Description.*—Common nightshade has an upright, round, green, hollow stalk, about a foot or half a yard high, bushing forth in many branches, whereon grow many green leaves, somewhat broad, and pointed at the ends, soft and full of juice, somewhat like basil, but longer, and a little unevenly dented about the edges. At the tops of the stalks and branches come forth three or four white flowers, made of five small pointed leaves apiece, standing on a stalk together, one above another, with yellow pointels in the middle, composed of four or five yellow threads set together, which afterwards run into so many pendulous green berries, of the bigness of small peas, full of green juice, and small whitish round flat seed lying within it. The root is white, and a little woody, when it has given flower and fruit, with many small fibres attached to it. The whole plant is of a waterish insipid taste, but the juice within the berries is somewhat vicious, and of a cooling and binding quality.

*Place.*—It grows wild under walls, and by the sides of hedges and fields.

*Time.*—It lies down every year, and rises again of its own sowing, but does not spring up until the latter end of April at the soonest.

*Government and virtues.*—The common nightshade is wholly used to cool hot inflammations, either inwardly or outwardly, being no ways dangerous to any that use it, as most of the rest of the nightshades are; yet it must be used moderately. The distilled water only of the whole herb is fittest and safest to be taken inwardly. The juice also clarified and taken, mingled with a little vinegar, is good to wash the mouth and throat that are inflamed. But outwardly applied, the juice of the herbs or berries, with oil of roses, and a little vinegar and ceruse mixed together in a leaden mortar, is very good for the shingles, ringworms, and all running, fretting and corroding ulcers. A pessary dipped in the juice, and dropped in the matrice, stays

the immoderate flux of women's courses; or cloth wet therein and applied to the testicles or eods, upon swelling therein, and applied to the ears, eases the pains thereof that arise of heat or inflammations. Have care that you mistake not the deadly night-shade for this; if you know it not, you may let them both alone, having other medieines sufficient in this book.

### THE OAK.

Spitting Blood, Vomiting, Dysury, Ulcers of the Bladder.

It is so well known that it needs no deseripcion.

*Gouverment and virtues.*—The leaves and bark of the oak, and the acorn enps, bind and dry very much. The inner bark of the tree, and the thin skin that eovers the acorn, are most used to stay the spitting of blood, and the bloody flux. The aeorn in powder taken in wine, provokes urine, and resists the poison of venomous creatures. The distilled water of the oak bud, before it breaks out into leaves, is good to be used either inwardly or outwardly, to assuage inflammations, and to stop all manuer of fluxes in men or women. The same is singularly good in pestilential and hot burning fevers; for it resists the force of the infection, and allays the heat. It cools the heat of the liver, breaks the stone in the kidneys, and stays women's courses. The deeoetion of the leaves works the same effects. The water that is found in the hollow plaees of old oaks, is very effectual for any foul or spreading seabs.

### ONIONS.

Worms, Cough, Lethargy, Epidemical Diseases.

They are so well known that they need no deseripcion.

*Gouverment and virtues.*—Onions are flatulent, or windy; yet they sometimes provoke appetite, increase thirst, ease the belly and bowels, and provoke women's courses. They also kill worms in children, if they drink the water fasting, wherein they have been steeped all night. When roasted under the

embers, and eat with honey, or sugar and oil, they much conduce to help an inveterate cough, and expectorate the tough phlegm. The juice snuffed up in the nostrils, purges the head, and helps the lethargy. It is good for either scalding or burning by fire, water, or gunpowder, and used with vinegar, takes away all blemishes, spots and marks on the skin. Applied also with figs beat together, it helps to ripen and break imposthumes, and other sores. Leeks are as like them in quality, as the pome-water is like an apple. Onions are a remedy for a surfeit of mushrooms, when baked under the embers and eaten; and boiled and applied very warm helps the piles.

#### ORPINE, OR AARON'S ROD.

Excoriations of the Bowels, Phthisic, Womb, Inflammations, Quinsy.

*Description.*—Common orpine rises up with divers round brittle stalks, thick set with flat and fleshy leaves, without any order, little or nothing dented about the edges, and of a green color. The flowers are white or whitish, growing in tufts, after which come small chaffy husks, with seeds, like dust, in them. The roots are many thick, round, white tuberous clogs; and the plant grows not so big in some places as in others, where it is found.

*Government and virtues.*—Orpine is seldom used in inward medicines. The distilled water is profitable for gnawings or excoriations in the stomach or bowels, or for ulcers in the lungs, liver, or the inward parts, as also in the matrice, and helps all those diseases, when drank for certain days together. It stays the sharpness of humors in the bloody flux, and other fluxes in the body or in wounds. The root performs the like effect. It is used outwardly to cool any heat or inflammation upon any hurt or wound, and eases the pains of them; as also to heal scaldings or burnings, the juice being beat with some green salad oil, and anointed. The leaf bruised, and laid on any green wound on the hands or legs, heals them quickly; and bound on the throat, much helps the quinsy; it helps also ruptures.

## PARSLEY.

Stomach, Dysury, Wind, Sucking Children, Women's Breasts, Cur-dled Milk, Dropsy, Jaundice, Spleen.

This is so well known that it needs no description.

*Government and virtues.*—This is very comfortable to the stomach; helps to provoke urine and women's courses, to break wind both in the stomach and bowels, and a little opens the body,—but the root much more. It opens obstructions, both of liver and spleen, and is therefore accounted one of the five opening roots. The seed is effectual to provoke urine and women's courses, to expel wind, to break the stone, and eases the pains and torments thereof; it is also effectual against the venom of any poisonous creature, and the danger that comes to them that have the lethargy, and is as good for a cough. The distilled water of parsley is a familiar medicine with nurses to give their children when they are troubled with wind in the stomach or belly, which they call the frets; and is much available to them that are of great age. The leaves of paisley laid on the eyes that are inflamed with heat or swollen, much helps them, if it be used with bread and meal; and being fried with butter, and applied to women's breasts that are hard, through the curdling of their milk, it abates it quickly, and also takes away black and blue marks, coming of bruises or falls. The juice dropped into the ears, with a little wine, eases the pains. It is excellent for the jaundice and falling sickness, the dropsy, and stone in the kidneys, taken as follows: Take of the seed of parsley, fennel, annis and caraway, of each an ounce; of the roots of parsley, burnet, sassafras and caraways, of each an ounce and a half; let the seeds be bruised, and the roots washed and cut small; let them lie all night in a bottle of white wine, and in the morning be boiled in a close earthen vessel until it be reduced to a third part or more, of which, when strained and cleared, take four ounces the first thing in the morning and last in the evening,

abstaining from drink afterwards for three hours. This opens obstructions of the liver and spleen, and expels the dropsy or jaundice by urine.

#### PARSLEY BREAKSTONE.

Provokes Urine, Gravel in the Kidneys, Stone.

*Description.*—The root, although it is very small and thready, yet it continues many years, from whence arise many leaves lying along on the ground, each standing upon a long footstalk, and as broad as a man's nail, very deeply dented on the edges, somewhat like a parsley-leaf, but of a very dusky green color. The stalks are very weak and slender, about three or four fingers in length, set so full of leaves that they can hardly be seen, either having no foot-stalk at all, or but very short. The flowers are so small they can hardly be seen, and the seed as small as can be.

*Place.*—It is a common herb throughout the nation, and grows in barren, sandy places, and sometimes moist; it may be found in fields.

*Time.*—It may be found during summer time, from the beginning of April to the end of October.

*Government and virtues.*—Its operation is very good to provoke urine, and to break the stone. It is a very fine salad herb. It would be good to pickle it as you pickle samphire for use all the winter. I cannot teach you how to do it; yet this I can tell you, it is a very wholesome herb. You may also keep the herb dry, or in a syrup, if you please. You may take a drachm of the powder of it in white wine; it will bring away gravel from the kidneys insensibly, and without pain. It also helps the strangury.

#### COW PARSNIP.

Cough, Difficulty of Breathing, Jaundice, Mother, Headache, Shingles.

*Description.*—This grows with four large, spreading, rough leaves, lying often on the ground, or else raised a little from it, with long, round, hairy foot-stalks under them, parted usually into five divisions, the two couples standing each against the other, and

one at the end, and each leaf being almost round, yet somewhat deeply cut in on the edges in some of the leaves, and not so deep in others, of a whitish green color, smelling somewhat strongly; among which rises up a round, crusted, hairy stalk, two or three feet high, with a few joints and leaves thereon, and branched at the top, where stand large umbels of white, and sometimes reddish flowers, and after them flat, whitish winged seeds, two always joined together. The root is long and white, with two or three long strings growing down into the ground, smelling likewise strongly and unpleasant.

*Place.*—It grows in moist meadows, and by the borders and corners of fields, and near ditches.

*Time.*—It flowers in July and seeds in August.

*Government and virtues.*—The seed is of a sharp and cutting quality, and therefore is a fit medicine for a cough and shortness of breath, the falling sickness and jaundice. The root is available for all the purposes aforesaid, and is also of great use to take away the hard skin that grows on a fistula, if it be but scraped and put upon it. The seed being taken, cleanses the belly from tough, phlegmatic water therein, eases them that are liver-grown, women's passions of the mother, as well as the smoke underneath, and likewise awakes such as are fallen into a deep sleep, or has the lethargy, by burning it under the nose. The seed and root boiled in oil, and the head rubbed therewith, helps not only those that are fallen into a frenzy, but also the lethargy or drowsiness, and those that have been long troubled with the headache, if it be likewise used with rue. It helps also the running scabs and the shingles. The juice of the flowers dropped into the ears that run and are full of matter, cleanses and heals them.

#### THE PEACH TREE.

Dropsy, Cough, Shortness of Breath, Spitting Blood, Wind Colic.

*Description.*—A peach tree grows not so large as the apricot tree, yet spreads its branches tolerably well, from whence spring smaller reddish twigs,

whereon are set long and narrow green leaves dented about the edges. The blossoms are larger than the plum, and of a light purple color; the fruit round, and sometimes as big as a common size pippin, others smaller, and also differing in color and taste, a russet red or yellow, waterish or firm, with a frizz or cotton all over, with a eleft therein like an apricot, and a rugged, furrowed, great stone within it, and a little kernel within the stone.

*Place.*—They are nursed up in gardens and orehards through the land.

*Time.*—They flower in spring, and fructify in autumn.

*Government and virtues.*—For young people and children, nothing is better to purge eholer and the jaundiee, than the leaves or flowers of this tree, being made into a syrup or conserve. The leaves bruised and laid on the belly, kills worms; and they also destroy them when boiled in ale and drank; they open the belly likewise; and when dried is a safe medicine to diseuiss humors. The powder of them strewed upon fresh bleeding wounds stays their bleeding, and closes them up. The flowers, steeped all night in a little wine, standing warm and strained in the morning, and drank fasting, gently opens the belly, and moves it downwards. A syrup made of them, as the syrup of roses is made, works more foreibly than that of roses, for it provokes vomiting, and spends waterish and hydropie humors by the continuance thereof. The flowers made into a eonserv, work the same effeet. The liquor that drops from the tree, when wounded, is given in the deeoction of coltsfoot to those that are troubled with a cough or shortness of breath, by adding thereto some sweet wine, and putting some saffron also therein. It is good for those that are hoarse, or have lost their voiee; helps all defects of the lungs, and those that vomit and spit blood. Two drachms given in the juice of lemons, or of raddish, is good for those that are troubled with the stone. The kernels of the stones wonderfully ease the pains and wringings of the belly, throngh

wind or sharp humors, and helps to make an excellent medicine for the stone upon all occasions, when used as follows. I take fifty kernels of peach-stones, and one hundred of the kernels of cherry-stones, a handful of elder flowers, fresh or dried, and three pints of muscadel, set them in a close pot into a bed of horse-dung for ten days; after which distil in a glass with a gentle fire, and keep it for use. You may drink occasionally three or four ounces at a time. The milk or cream of these kernels, when drawn forth with some vervain water, and applied to the forehead and temples, much helps to procure rest and sleep to sick persons. The oil drawn from the kernels, the temples being therewith anointed, does the like. The said oil put into clysters, eases the pains of the wind colic; and anointed on the lower part of the belly, does the like, and dropped into the ears, eases pains in them; the juice of the leaves does the same. Being also anointed on the forehead and temples, it helps the megrims and all other parts of the head. If the kernels be bruised and boiled in vinegar, until they become thick, and applied to the head, it marvellously procures the hair to grow again upon bald places, or where it is too thin.

#### THE PEAR TREE.

Mushrooms, Stomach, Inflammations, Cool Wounds.

Pear trees are so well known that they need no description.

*Governement and virtues.*—For their physical use they are best discerned by their taste. All the sweet and luscious sorts, whether manured or wild, help to move the belly downwards, more or less. Those that are hard and sour, on the contrary, bind the belly as much, and the leaves do the same. Those that are moist do, in some sorts, cool, but harsh or wild sorts are much more cooling, and are very good in repelling medicines. If the wild sort be boiled with mushrooms, it makes them less dangerous. The said pears, boiled with a little honey, help much the oppressed stomach, as all sorts of them do, some

more, some less ; but the harsher sorts are more cooling and binding, serving well to be bound on green wounds, to cool and stay the blood, and to heal up the wound without further trouble, and helps inflammations. The wild pears sooner close up the lips of green wounds than others.

#### PELLITORY OF SPAIN.

Brain Purges, Agues, Distillations of the Brain, Consumption, Headache, Black and Blue Spots.

*Description.*—Common pellitory is a very common plant and cannot be raised in our gardens without diligent looking after. The root goes down into the ground, bearing leaves, that are long and finely cut upon the stalk, lying on the ground, much larger than the leaves of the camomile. At the top it bears one single large flower at a place, having a border of many leaves, white on the upper side, and reddish underneath, with a yellow thrum in the middle, not standing as close as that of camomile.

*Place.*—They grow in fields, by the hedge-sides and paths.

*Time.*—It flowers the latter end of June and July.

*Government and virtues.*—An ounce of the juice taken in a draught of muscadel, an hour before the fit of the ague comes on, will assuredly drive it away at the second or third time taking at the farthest. Either the herb or root dried and chewed in the mouth, purges the brain of phlegmatic humors; not only easing pains of the head and teeth, but also hinders the distilling of the brain upon the lungs and eyes, thereby preventing coughs, phthisics and consumptions, the apoplexy and falling sickness. It is an excellent approved remedy in the lethargy. The powder of the herb or root, snuffed up the nostrils, procures sneezing and eases the headache; when made into an ointment with hog's grease, it takes away black and blue spots occasioned by blows or falls, and the gout.

## PELLITORY OF THE WALL.

Dry Cough, Stone, Gravel, Mother, Sore Throat, Teeth, Ulcers, Piles, Gout, Tendons.

*Description.*—It rises up with brownish, red, tender, weak, clear, and almost transparent stalks, about two feet high, upon which grow, at the joints, two leaves somewhat broad and long, of a dark green color, which afterward turn brownish and smooth on the edges, but rough and hairy, as the stalks are also. At the joints, with the leaves, from the middle of the stalk upwards, where it spreads into branches, stand many small, pale, purplish flowers, in hairy rough heads, or husks, after which come small, black, rough seed, which will stick to any cloth or garment that shall touch it. The root is somewhat long, with small fibres thereat, of a dark, reddish color, which abides the winter.

*Place.*—It grows wild generally through the land, about the borders of fields, and by the sides of walls, and among rubbish.

*Time.*—It flowers in June and July, and the seed is ripe soon after.

*Government and virtues.*—The dried herb of pellitory made up into an electuary with honey, or the juice of the herb, or the decoction thereof made up with sugar or honey, is a singular remedy for an old or dry cough, the shortness of breath, and wheezing in the throat. Three ounces of the juice thereof taken at a time, wonderfully helps stopping of the urine, and to expel the stone or gravel in the kidneys or bladder, and is therefore usually put among other herbs used in clysters to mitigate pains in the back, sides, or bowels, proceeding of wind, stopping of urine, the gravel or stone as aforesaid. If the bruised herb, sprinkled with some muscadel, be warmed upon a tile, or in a dish, and applied to the belly, it works the same effect. The decoction of the herb, when drank, eases pains in the mother, and brings down women's courses. It also eases those affections that arise from obstructions of the liver, spleen and reins.

The same decoction, with a little honey added thereto, is good to gargle a sore throat. The juice, held awhile in the mouth, eases pains in the teeth. The juice dropped into the ears, eases the noise in them, and takes away the pricking and shooting pains therein. The same, or the distilled water, assuages hot and swelling imposthumes, burnings, scaldings by fire or water, and all other hot tumors and inflammations, or breakings out of heat, being bathed often with wet cloths dipped therein. The said juice made into a liniment with ceruse, and oil of roses, and anointed therewith, cleanses foul, rotten ulcers, and stays spreading or creeping ulcers, and running scabs or sores in children's heads; and helps to stay the hair from falling off the head. The said ointment, or the herb applied to the fundament, opens the piles, and eases their pains; and when mixed with goat's tallow, helps the gout. The juice is very effectual to cleanse fistulas, and to heal them up safely; or the herb itself bruised and applied with a little salt. It is also effectual to heal any green wound, if it be bruised and bound thereto for three days, and you will need no other medicine. A poultice made with mallows, and boiled in wine, with wheat bran and bean flower, and some oil put thereto, and applied warm to any bruised sinews, tendon, or muscle, in a very short time, restores them to their strength, taking away the pains of the bruises, and dissolves the congealed blood coming of blows or falls. The juice of pellitory of the wall, clarified and boiled in a syrup with honey, and a spoonful of it drank every morning, is good for such as are subject to the dropsy, by continuing that course not oftener than once a week.

#### PENNYROYAL.

Tough Phlegm, Provokes Terms, Dead Child, Headache, Falling Sickness, Sinking Water, Cramp, Sore Mouth, Dropsy, Eyesight.

Pennyroyal is so well known that it needs no description.

*Government and virtues.*—Pennyroyal boiled and drank, provokes women's courses, and expels the

dead child and after-birth, and stays the disposition to vomit, if taken in water and vinegar, mingled together; and mingled with honey and salt it voids phlegm out of the lungs, and purges melancholy by the stool. When dried and burnt, it strengthens the gums. It helps those that are troubled with the gout, when applied of itself to the place until it is red; and applied in a plaster, it takes away spots or marks in the face; applied with salt, it is good for those that are splenetic, or liver-grown. The decoction helps the itch, if washed therewith; when put into baths for women to sit thereon, it helps the swellings and hardness of the mother. The green herb bruised and put into vinegar, cleanses foul ulcers and takes away the marks or bruises and blowbs about the eyes, and all discolorings of the face by fire; boiled in wine with honey and salt, it helps the toothache. It also helps the cold griefs of the joints, taking away the pains, and warms the cold part, being fast bound to the place, after a bathing or sweating in a hot house. It eases headaches, pains of the breast and belly, and gnawing of the stomach; applied with honey, salt and vinegar, it helps cramps or convulsions of the sinews; boiled in milk, and drank, it is effectual for the cough, and for ulcers and sores in the mouth; drank in wine it provokes women's courses, and expels the dead child and after-birth. The decoction drank, helps the jaundice and dropsy; all pains of the head and sinews that come of a cold cause, and clears the eyesight. It helps the lethargy, and applied with barley-meal, helps burnings; and put into the ears eases the pains of them.

#### MALE AND FEMALE PEONY.

Falling Sickness, Women not cleansed in Child-Birth, Nightmare.

*Description.*—The male peony rises up with brownish stalks, whereon grow green and reddish leaves, upon a stalk, without any particular division in the leaf. The flowers stand at the top of the stalks, consisting of five or six broad leaves, of a fair purplish red color, with many yellow threads in the middle,

standing about the head, which afterwards rise up to be the seed vessels, divided into two, three, or four crooked pods like horns, which, when full ripe, open and turn themselves down backward, showing within them divers round, black, shining seeds, having also many crimson grains, intermixed with black, whereby it makes a very pretty show. The roots are great, thick and long, spreading and running down deep in the ground. The ordinary female peony has as many stalks, and more leaves on them than the male; the leaves are not so large, but nicked on the edges, some with great and deep, others with smaller cuts and divisions, of a dead green color. The flowers are of a strong, heady scent, usually smaller, and of a more purple color than the male, with yellow thrums about the head, as the male. The seed vessels are like horns, as in the male, but smaller; the seed are black, but less shining. The roots consist of many short tuberous clogs, fastened at the end of long strings, and all from the heads of the roots, which is thick and short, and of the like scent with the male.

*Place and Time.*—They grow in gardens, and flower usually about May.

*Government and virtues.*—'The root of the male peony, fresh gathered, has been found by experience to cure the falling sickness; but the surest way is, besides hanging it about the neck, by which children have been cured, to take the root of the male peony, washed clean, and pounded somewhat small, and let it infuse in sack for twenty-four hours at the least; afterwards strain it, and take a good draught the first thing in the morning and the last in the evening, for several days together, before and after a full moon; and this will also cure older persons, if the disease be not grown too old and past cure, especially if there be a due and orderly preparation of the body with a posset drink made of betony. The roots are also effectual for women that are not sufficiently cleansed after child-birth, and such as are troubled with the mother; for whieh, likewise, the black seed, beat to

powder, and given in wine, is also available. The black seed also, taken before bed-time, and in the morning, is very effectual for such as in their sleep are troubled with the diseases called ephilte, or incubus, but commonly called the nightmare; a disease which melancholy persons are subject to. It is also good for melancholy dreams. The distilled water or syrup made of the flowers, works the same effects that the root and the seed do, although more weakly.

#### PLANTAIN.

Distillations of Rheums, Phthisic, Consumption, Ulcers in the Lungs, Dropsy, Web in the Eye, Hollow Ulcers, Sore in the Private Parts, Piles, Bones, Joints, Worms, Shingles, Fretting Sores.

This is so well known that it needs no description.  
*Government and virtues.*—The juice of plantain clarified, and drank for several days together, either of itself, or in other drink, prevails wonderfully for all torments or excoriations in the intestines or bowels, helps the distillations of rheum from the head, and stays all manner of fluxes, even women's courses, when they flow too abundantly. It is good to stay spitting of blood, and other bleedings at the mouth, or the making of foul and bloody water, by reason of any ulcer in the reins or bladder, and also stays the too free bleeding of wounds. It is held an especial remedy for those that are troubled with the phthisic, or consumption of the lungs, or ulcers of the lungs, or coughs that come of heat. The decoction or powder of the roots or seeds is much more binding for all the purposes aforesaid, than the leaves. The herb is held to be profitable for the dropsy, the falling sickness, the yellow jaundice, and stoppings of the liver and reins. The roots of plantain and pellitory of Spain, beat into powder, and put into hollow teeth, take away the pains of them. The clarified juice, or distilled water, dropped into the eyes, cools inflammations in them, and takes away the pin and web; and dropped into the ears, eases the pains in them, and helps and removes the heat. The same also, with the juice of houseleek, is good for all inflammations and breakings out of the skin, for burnings and

scaldings by fire and water. The juice or decoction, made either of itself, or the things of a like nature, is of much use and good effect for old and hollow ulcers that are hard to be cured, and for cankers and sores in the mouth or privy parts of men or women; and helps also the pains of the piles in the fundament. The same also is profitably applied to all hot gouts in the feet or hands, especially in the beginning. It is also good to be applied where any bone is out of joint, to hinder inflammation, swellings, and pains that presently rise thereupon. The powder of the dried leaves, taken in drink, kills worms of the belly; and, boiled in wine, kills worms that breed in old and foul ulcers. One part plantain water, and two parts of the brine of beef, boiled together and clarified, is a most sure remedy to heal all spreading scabs or itch in the head and body, all manner of tetter, ringworms, the shingles, and all other running and fretting sores. Briefly, the plantains are singularly good wound herbs to heal fresh or old wounds or sores, either inward or outward.

#### POPPY.

Procures Sleep, Catarrh, Defluxions of Rheum, Flux of the Belly, Hoarseness, Women's Courses, St. Anthony's Fire, Frenzies, Tooth-ache.

Of this I shall describe three kinds, viz: the white and black of the garden, and the erratic wild poppy or corn rose.

*Description.*—The white poppy has, at first, four or five whitish green leaves, lying upon the ground, which rise with the stalk, compassing it at the bottom of them, and are very large, much cut or torn on the edges, and dented besides. The stalk, which is usually four or five feet high, has sometimes no branches at the top, and usually but two or three at most, bearing every one but one head, wrapped up in a thin skin, which bows down before it, is ready to blow, and then rising, and, when taken, the flower within it spreads itself open, and consists of four very large, white round leaves, with many whitish round threads in the middle, set about a small, round, green

head, having a crown, or star-like cover at the head thereof, whieh growing ripe, beeomes as large as a great apple, wherein are contained a great number of small, round seeds in several partitions or divisions next to the shell; the middle thereof remaining hollow and empty. The whole plant, both leaves, stalks and heads, while they are fresh, young, and green, yield a milk when they are broken, of an unpleasant bitter taste, almost ready to provoke easting, and of a strong, heady smell, which being eondensated, is called opium. The black poppy little differs from the former, until it bears its flower, which is somewhat less than the former, of a blaek, purplish color, but without any purple spots at the bottom of the leaf. The head of the seed is mueh less than the former, and opens itself a little round about the top, under the crown, so that the seed, whieh is very blaek, will fall out, if one turn the head downward. The wild poppy, or corn rose, has long and narrow leaves, very mueh cut in on the edges, into many divisions, of a light green color, sometimes hairy withal. The stalk is blaekish and hairy also, but not so tall as the garden kind, having some sueh like leaves thereon that grow below, parted into three or four branchees sometimes, whereon grow small hairy heads, bowing down before the skin breaks, wherein the flower is inclosed, whieh, when it is full blown, opens, is of afair, yellowish red or erimson color, and in some mueh paler, without any spot in the bottom of the leaves, having many blaek, soft threads in the middle, compassing a small green head, whieh, when it is ripe, is not bigger than one's little finger's end, in whieh is contained much blaek seed, smaller, by half, than that of the garden. The root perishes every year, and springs again of its own sowing. Of this kind there is one less in all the parts thereof and differs in nothing else.

*Place.*—The garden kinds do not naturally grow wild in any plaee, but are all sown in the gardens where they grow. The wild poppy or corn rose, is plentiful enough, (and often too plentiful) in the

corn-fields in all parts of the country, and also upon ditch-banks, and by hedge-sides. The smaller wild kind is also found in corn-fields and also in some other places, but not so plentifully as the former.

*Time.*—The garden kinds are usually sown in the spring, and they flower about the end of May, and somewhat earlier, if they spring from their own sowing.

*Government and virtues.*—The garden poppy heads with seeds, made into a syrup, is frequently and to good effect used to procure rest and sleep in the sick and weak, and to stay catarrhs and defluxions of thin rheums from the head into the stomach and lungs, causing a continual cough, the forerunner of consumption. It helps also hoarseness of the throat, and when one has lost his voice, which the oil of the seed does likewise. The black seed boiled in wine, and drank, is said also to stay the flux of the belly and women's courses. The empty shells or poppy heads, are usually boiled in water, and given to procure rest and sleep. So do the leaves in the same manner; also if the head and temples be bathed with the decoction warm, or with the oil of poppies. The green leaves, or heads, bruised, and applied with a little vinegar, or made into a poultice with barley-meal or hog's grease, cool and temper all inflammations, as also the disease called St. Anthony's fire. It is generally used in treacle and mithridate, and in all other medicines that are made to procure rest and sleep, and to ease pains in the head as well as in other parts. It is also used to cool inflammations, agues, or frenzies, or to stay defluxions which cause a cough or consumption, and also other fluxes of the belly or women's courses; it is also put into hollow teeth, to ease the pain, and has been found by experience to ease the pains of the gout.

The wild poppy, or corn rose, (as Matthiolus says) is good to prevent falling sickness. The syrup made with the flower is with good effect given to those that have the pleurisy; and the dried flowers also, either in the distilled water of them, or some other

drink, works the like effect. The distilled water of the flowers is held to be of much good use for surfeits, being drank morning and evening. It is also more cooling than any of the other poppies, and therefore cannot but be as effectual in hot agues, frenzies, and other inflammations either inward or outward. Galen says, the seed is dangerous to be used inwardly.

#### PURSLAIN.

Cools the heat of the Blood, Whites, Distillations, Urine, Worms, Vomiting, Phthisic, Secret Parts, Eyes, Sore Mouth, Bloody Urine, Gout, Stiffness of the Sinews.

Garden purslain (being used as a salad herb) is so well known that it needs no description. I shall, therefore, only speak of its virtues as follows.

*Government and virtues.*—It is good to cool any heat of the liver, blood, reins and stomach, and in hot agues there is nothing better. It stays hot and choleric fluxes of the belly, women's courses, the whites, running of the reins, the distillation from the head, and pains therein proceeding from heat, want of sleep, or the frenzy. The seed is more effectual than the herb, and is of singular good use to cool the heat and sharpness of urine. The seed bruised and boiled in wine, and given to children, expels the worms. The juice of the herb is held to be effectual for all the purposes aforesaid; as also to stay vomitings; and taken with some sugar or honey, helps an old or dry cough, shortness of breath, and the phthisie. The juice also is excellent in the inflammations and ulcers in the privates of men or women. The herb bruised and applied to the forehead and temples, allays excessive heat therein, that hinders rest and sleep; and applied to the eyes, takes away redness and inflammations in them, and those other parts where pushes, wheals, pimples, St. Anthony's fire, and the like, break out. If a little vinegar be put to it and laid on the neck, with as much of galls and linseed together, it takes away the pains therein, and the erick in the neck. The juice is used with oil of roses for the same causes, or for blasting by

lightning, and burnings by gunpowder, or for women's sore breasts, and to allay the heat in all other sores or hurts; applied also to the navels of children that stick forth, it helps them; it is also good for sore mouths and gums that are swollen, and to fasten loose teeth. The distilled water used, takes away the pains of the teeth, when all other remedies have failed, and the thickened juice, made into pills with the powder of gum tragacanth and Arabic, and taken, prevails much to help those that make bloody water. Applied to the gout it eases the pains thereof, and helps the hardness of the sinews, if it come not of the cramp, or a cold cause.

#### QUEEN OF THE MEADOWS, MEADOW SWEET, OR MEAD SWEET, OR STONE BRAKE.

Bleeding, Women's Courses, Opens the Belly, Heals Sore Mouths, or Secrets, Inflammations of the Eyes.

*Description.*—The stalks of this are reddish, rising to be three feet high, sometimes four or five feet, having at the joints thereof large winged leaves, standing one above another at distances, consisting of many and somewhat broad leaves, set on each side of a middle rib, being hard, rough, or rugged, crumpled much like elm leaves, having also some smaller leaves with them, somewhat deeply dented about the edges, of a sad green color on the upper side, and greyish underneath, of a pretty sharp scent and taste, somewhat like the burnet, and a leaf put into a cup of claret wine, gives also a fine relish to it. At the tops of the stalks and branches stand many tufts of small, white flowers, thrus thick together, which smell much sweeter than the leaves; and in their places, when they fall, are some crooked and cornered seed. The root is somewhat woody, and blackish on the outside, and brownish within, with divers great strings, and less fibres set thereat, of a strong scent, but not so pleasant as the flowers and leaves, and perishes not, but abides many years, shooting forth anew every spring.

*Time.*—It flowers in some places all the three

summer months, viz: June, July, and August, and the seed is ripe soon after.

*Government and virtues.*—It is used to stay all manner of bleedings, fluxes, vomitings, and women's courses, as also their whites. It is said to alter and take away the fits of the quartan agues, and to make a merry heart, for which purpose some use the flowers, and some the leaves. It helps speedily those that are troubled with the colic; when boiled in wine, and with a little honey taken warm, it opens the belly, but boiled in red wine and drank, it stays the flux of the belly. Outwardly applied, it helps old ulcers that are cankerous, or hollow and fistulous, for which it is by many much recommended, as also for the sores in the mouth, or secret parts. The leaves, when they are full grown, and laid on the skin, will in a short time raise blisters, and the juice thereof helps the heat and inflammation in the eyes.

#### THE QUINCE TREE.

Provokes Appetite, Stays Vomiting, Poison and Women's Breasts.

*Description.*—The ordinary quince tree grows often to the height and bigness of a reasonable apple tree, but more usually lower and crooked, with a rough bark, spreading arms and branches far abroad. The leaves are somewhat like those of the apple tree, but thicker, broader, and fuller of veins, and whiter on the other side, not dented at all about the edges. The flowers are large and white, sometimes dashed with a blush. The fruit that follows is yellow, when near ripe, and covered with a white cotton; thick set on the young, and growing less as they grow to be thorough ripe, bunched out oftentimes in some places, some being like an apple, and some like a pear, of a strong heady scent, and not durable to keep, and is sour, harsh, and of an unpleasant taste to eat fresh.

*Place and Time.*—It grows best near ponds and water-sides, and flowers not until the leaves come forth. The fruit is ripe in September or October.

*Government and virtues.*—Quinces, when they are

green, help all sorts of fluxes in men or women, and choleric lasks, casting, and whatever needs restriction, more than any way prepared by fire; yet the syrup of the juice, or the conserve, are much conducible, and much of the binding quality when prepared by fire. If a little vinegar be added, it stirs up the languishing appetite, and the stomach is given to casting; some spices being added, it comforts and strengthens the decaying and fainting spirits, and helps the liver when oppressed, so that it cannot perfect the digestion, and also corrects choler and phlegm. If you would have it purging, put honey to it instead of sugar; but if more forcibly to bind, use the unripe quinces, with roses and acacia, hypocistis, and some prepared rhubarb. To take the crude juice of quinces, is held a preservative against the force of deadly poison. If there be need of any outwardly binding and cooling of hot fluxes, the oil of quinces, or other medicines, that may be made thereof, are very available to anoint the belly or other parts therewith. It likewise strengthens the stomach and belly, and the sinews that are loosened by sharp humors falling on them, and restrains immoderate sweating. The mucilage taken from the seeds of quinces, and boiled in a little water, is very good to cool the heat, and heal the sore breasts of women. The same with a little sugar, is good to lenify the harshness and hoarseness of the throat, and roughness of the tongue. The cotton or down of quinces, boiled and applied to plague sores, heals them up; and used as a plaster, made up with wax, it brings hair to those that are bald.

#### RADISH, OR HORSERADISH.

Scurvy, Worms, Sciatica, Liver, Spleen, Stone, Dysury.

*Description.*—The horseradish has its first leaves that rise before winter, about a foot and a half long, very much cut in or torn on the edges into many parts, of a dark green color, with a greater rib in the middle; after these have been up awhile, others follow, which are greater, rougher, broader and longer, whole and not divided at first, but only somewhat

rougher dented about the edges; the stalk, when it bears flowers, are great, rising up with some few less leaves thereon, to three or four feet high, spreading at the top many small branches of whitish flowers, made of four leaves apiece; after which come small pods, but seldom with any seeds in them. The root is large, long, white and rugged, shooting up divers heads of leaves, which may be parted for increase, but it does not creep in the ground, nor run above ground, and is of a strong, sharp, and bitter taste, almost like mustard.

*Place.*—It is found wild in some places, but is chiefly planted in gardens, and flourishes in moist and shadowy places.

*Time.*—It seldom flowers, but when it does, it is in July.

*Government and virtues.*—The juice of horseradish, given as drink, is held to be very effectual for the scurvy. It kills the worms in children when drank, and laid upon the belly. The root bruised and laid on the place affected with the sciatica, jointache, or the hard swellings of the liver and spleen, wonderfully helps them all. The distilled water of the barb and root is more familiar to be taken with a little sugar for all the purposes aforesaid. For such as are troubled with the gravel, stone, or stoppage of urine, they are good physic, if the body be strong that takes them. You may make the juice of the roots into a syrup, if you please, for that use. They purge by urine exceedingly.

#### RATTLE GRASS.

Hollow Ulcers, Women's Courses, Cough, Dim Sight.

Of this there are two kinds which I shall speak of, viz: the red and yellow.

*Description.*—The common red rattle has sundry reddish, hollow stalks, sometimes green, rising from the root, lying for the most part on the ground, some growing more upright, with many small reddish or green leaves set on both sides of a middle rib, finely dented about the edges. The flowers stand at the

tops of the stalks and branches, of a fine purplish red color, like small gaping hooks; after which come blackish seed in small husks, which lying loose therein, will rattle with shaking. The root consists of two or three small whitish strings, with some fibres thereat.

The common yellow rattle has seldom above one round great stalk, rising from the foot, about half a yard, or two feet high, and but few branches thereon, having two long and somewhat broad leaves, set at a joint, deeply cut in on the edges, resembling the comb of a cock, broadest next to the stalk, and smaller at the end. The flowers grow at the tops of the stalks, with some shorter leaves with them, hooded after the same manner that the others are, but of a fair yellow color, or in some paler, and in some more white. The seed is contained in large husks, and when ripe, will rattle or make a noise as they lie loose in them. The root is small and slender, perishing every year.

*Place.*—They grow in meadows and woods, generally through the land.

*Time.*—They are in flower usually from midsummer until August is past.

*Governement and virtues.*—The red rattle is accounted profitable to heal up fistulas and hollow ulcers, and to stay the flux of humors in them, as also the abundance of women's courses, or any other flux of blood, by being boiled in red wine and drank. The yellow rattle is held to be good for those that are troubled with a cough, or dimness of sight, if the herb, boiled with beans, and some honey put thereto, be drank or dropped into the eyes. The whole seed, when put into the eyes, draws forth any skin, dimness or film from the sight, without trouble or pain.

## ROSES.

Waterish Humors, Headache, Throat, Fundament, St. Anthony's Fire, Women's Courses, Teeth, Whites and Reds in Women, Fevers, Jaundice, Heart, Heat of the Liver, Pimples, Weak Stomach.

These are so well known that they need no description.

*Government and virtues.*—The white and red roses are cooling and drying, and yet the white is taken to exceed the red in both these properties, but is seldom used inwardly in any medicine. The bitterness in the roses, when they are fresh, especially the juice, purges choler and watery humors; but by being dried, and that heat which causes the bitterness being consumed, they have then a binding and astringent quality. Those also that are not full blown, both cool and bind more than those that are full blown, and the white roses more than the red. The decoction of red roses, made with wine and used, is very good for the headache, and pains in the eyes, ears, throat and gums; as also for the fundament, the lower parts of the belly and the matrice, being bathed or put into them. The same decoction with the roots remaining in it, is profitably applied to the region of the heart to ease the inflammation therein; as also St. Anthony's fire, and other diseases of the stomach. Being dried and beat to powder, and taken in steeled wine or water, it helps to stay women's courses. The yellow threads in the middle of the roses, when powdered and drank in the distilled water of quinces, stays the overflowing of women's courses, and wonderfully stays the defluxions of rheum upon the gums and teeth, preserving them from corruption, and fastening them if they are loose, by being washed and gargled therewith, and some vinegar of squills added thereto. The heads, with the seed, used in powder, or in a decoction, stays the lask and spitting of blood. Red roses strengthen the heart, the stomach and the liver, and the retentive faculty. They mitigate the pains that arise from heat, assuage inflammations, procure rest and sleep, stays both whites and reds in

women, the gonorrhœa, or running of the reins, and fluxes of the belly; the juice of them purges and cleanses the body from choler and phlegm. The husks of the roses, with the beards and nails, are binding and cooling, and the distilled water of either of them is good for the heat and redness in the eyes, and to stay and dry up the rheums and watering of them. The electuary is purging, whereof two or three drachms may be taken by itself in some convenient liquor, which is sufficient for a weak constitution, but may be increased to six drachms, according to the strength of the patient. It purges choler without trouble, and it is good in hot fevers, and pains of the head arising from choleric humors, and heat in the eyes, the jaundice also, and jointaches proceeding of hot humors. The moist conserve is of much use, both binding and a cordial; for until it be about two years old, it is more binding than cordial, and after that, more cordial than binding. Some of the younger conserve taken with mithridate mixed together, is good for those that are troubled with distillations of rheum into the eyes; as also for fluxes and lasks of the belly; and being mixed with the powder of mastic, is very good for the running of the reins, and for the looseness of humors in the body. The old conserve against faintings, swoonings, weakness and tremblings of the heart, strengthens both it and a weak stomach, helps digestion, stays casting, and is a very good preservative in the time of infection. The dry conserve, which is called the sugar of roses, is a very good cordial to strengthen the heart and spirits; as also to stay defluxions. The syrup of dried red roses strengthens a stomach given to casting, cools an overheated liver, and the blood in agues, and resists putrefaction and infection, and helps to stay lasks and fluxes. Honey of roses is much used in gargles and to wash sores, either in the mouth, throat, or other parts, both to cleanse and heal them, and to stay the fluxes of humors falling from them. It is also used in clysters, both to cool and cleanse. Red rose-water is well known, and of a familiar use

on all occasions, and better than damask rose-water, being cooling and cordial, refreshing and quickening weak and faint spirits, used either in meats or broths, to wash the temples, to smell at the nose, or to smell the sweet vapors thereof out of a perfuming pot, or cast upon a hot fire shovel. It is also of much good use against the redness and inflammations of the eyes to bathe them therewith, and the temples of the head; as also against pain, for which purpose also vinegar of roses is of much good use, and to procure rest and sleep, if used with some rose-water together, or the nose and temples moistened therewith; but more usually to moisten a piece of a red rose-cake, cut for the purpose, and heated between a double-folded cloth, with a little beaten nutmeg, and poppy seed strewed on the side that must lie next to the forehead and temples, and bound thereto all night. The ointment of rose is much used against heat and inflammations in the head. It is also used for the heat of the liver, the baek and the reins, and to cool and heal pushes, wheals, and other red pimples rising in the face or other parts. Oil of roses is not only used by itself to cool any hot swellings or inflammations, and to bind and stay fluxes of humors to sores, but is also put into ointments and plasters that are cooling and binding, and restraining the flux of humors. The dried leaves of the red roses are used both inwardly and outwardly, and are both cooling, binding and cordial. Rose leaves and mint beat and applied outwardly to the stomach, stay castings, and very much strengthen a weak stomach, and applied as a fomentation to the region of the liver and heart, much cool and temper them, and also serve instead of a rose-cake to quiet the overhot spirits, and-cause rest and sleep.

The simple solutive syrup is a familiar, safe, gentle and easy medicine, purging choler, taken from one ounce to three or four; yet this is remarkable, that the distilled water of this syrup should notably bind the belly. The conserve and preserved leaves of those roses are also operative in gently opening

the belly. The fruit of the wild briar, which are called hips, being thoroughly ripe, and made into a conserve with sugar, besides the pleasantness of the taste, gently binds the belly, and stays defluxions from the head upon the stomach; drying up the moisture thereof, and helps digestion. The pulp of the hips dried into a hard consistence, like the juice of liquorice, or so dried that it may be made into powder and taken in drink, stays speedily the whites in women. The briar ball is often used, by being made into powder and drank, to break the stone, to provoke urine when it is stopped, an<sup>4</sup> to ease and help the colic; some use it when it is burnt, and then take it for the same purpose. In the middle of the balls are often found certain white worms, which being dried and made into powder, and some of it drank, is found by the experience of many to kill and drive forth the worms of the belly.

#### ROSA SOLIS, OR SUN-DEW.

Distillations of Rheum, Phthisic, Cough, Ulcers in the Lungs.

*Description.*—It has many small, round, hollow leaves, somewhat greenish, but full of certain red hairs, which make them seem red, every one standing upon his own footstalk, reddish, hairy likewise. The leaves are continually moist in the hottest day, the hotter the sun shines on them the moister they are, with a sliminess that will rope, the small hairs always holding this moisture. Among these leaves rise up slender stalks, reddish also, three or four fingers high, bearing divers small white knobs one above another, which are flowers; after which, in the heads, are contained small seeds. The roots are a few small hairs.

*Place.*—It grows usually in bogs and wet places, and sometimes in moist woods.

*Time.*—It flowers in June, and the leaves are then fit to be gathered.

*Government and virtues.*—Rosa solis is accounted good to help those that have a salt rheum distilling on the lungs, which breeds a consumption, and there-

fore the distilled water thereof in wine is held fit and profitable for such to drink, which water will be of a good yellow color. The same water is held to be good for all other diseases of the lungs, as phthisics, wheezings, shortness of breath, or the cough; as also to heal the ulcers that happen in the lungs; and comforts the heart and fainting spirits. The leaves outwardly applied to the skin, will raise blisters, which has caused some to think it dangerous to be taken inwardly; but there are other things which will draw blisters, yet nothing dangerous to be taken inwardly. There is an usual drink made thereof with aqua vitae and spiees, frequently and without any offence or danger, but to good purpose used in qualms and passions of the heart.

#### ROSEMARY.

Cold Diseases, Swimming of the Head, Drowsiness, Dumb Palsy, Weak Memory, Dim Sight, Whites in Women, Consumption.

Garden rosemary is so well known, that I need not describe it.

*Time.*—It is in flower in April and May, and sometimes again in August.

*Government and virtues.*—It is an herb of as great use in these days as any whatsoever, not only for physical but other purposes. The physieal use of it is very good both for inward and outward diseases, for by the warming and comforting heat thereof, it helps all cold diseases, both of the head, stomach, liver and belly. The decoction thereof in wine, helps the cold distillations of rheums into the eyes, and all other cold diseases of the head and brain, as giddiness or swimmings therein, drowsiness or dulness of the mind and senses, like a stupidness; the dumb palsy, a loss of speech, the lethargy, and falling sickness, to be both drank, and the temples bathed therewith. It helps the pains in the gums and teeth, by rheum falling into them. It is very comfortable to the stomach in all the cold griefs thereof, helps both retention of meat and digestion, the decoction or powder being taken in wine. It is a good remedy

for windiness in the stomach, bowels and spleen, and expels it powerfully. It helps those that are liver-grown, by opening the obstructions thereof. It helps dim eyes, and procures a clear sight, the flowers thereof being taken all the while it is flowering, every morning, fasting, with bread and salt. If a decoction be made thereof with water, and they that have the yellow jaundice, exercise their bodies frequently after the taking thereof, it will certainly cure them. The flowers and conserve made of them, are singularly good to comfort the heart, and to expel the contagion of the pestilence; to burn the herb in houses and chambers, it corrects the air in them. Both the flowers and leaves are very profitable for women that are troubled with the whites, if they be daily taken. The dried leaves shred small, and used in a pipe, as tobacco is used, helps those that have any cough, phthisic, or consumption, by warming and drying the thin distillations which cause those diseases. The leaves are very much used in bathing; and made into ointment or oil, are singularly good to help cold benumbed joints, sinews, or other members of the body. The chemical oil, drawn from the leaves and flowers, is a sovereign help for all the diseases aforesaid, to apply to the temples and nostrils, with two or three drops for all diseases of the head and brain, spoken of before; as also to take one drop, two or three, as the case requires, for the inward griefs; but it must be done with discretion, for it is quick and piercing, and therefore a very little must be taken at a time. There is also another oil made by insolution in this manner:—Take what quantity you will of the flowers, and put them into a strong glass, close stopped, tie a fine linen cloth over the mouth, and turn the mouth down into another strong glass, which being set in the sun, an oil will distil down into the lower glass, to be preserved as precious for divers uses, both inward and outward, as a sovereign balm to heal the diseases, before mentioned, to clear dim sight, and take away spots, marks and scars on the skin.

## GREAT ROUND-LEAVED DOCK, OR BASTARD RHUBARB.

Purges Choler and Phlegm, Bloody Flux, Ulcerous Sores, Toothache, Jaundice, Pain in the Stomach and Sides, Spitting of Blood, Sciatica, Gout, Clotted Blood.

*Description.*—This has divers large round, thin, yellowish green leaves, rising from the root, a little waved about the edges, every one standing upon a reasonable thick and long brownish footstalk, from among which rise up a pretty big stalk, about two feet high, with some similar leaves growing thereon, but smaller; at the top whereof stand in a long spike, many small brownish flowers, which turn into a hard, three square, shining brown seed, like the garden patience before described. The root grows larger than that, with many branches of great fibres thereat, yellow on the outside, and sometimes paler, yellow within, with some discolored veins like the rhubarb, which is first described, but much less than it, especially when it is dry.

*Place and Time.*—These also grow in gardens and flower and seed at or near the same time that our true rhubarb does. They flower in June, and the seed is ripe in July.

*Government and virtues.*—A drachm of the dried root of Monk's rhubarb, with a scruple of ginger made into powder, and taken fasting, in a draught or mess of warm broth, purges choler and phlegm downwards very gently and safely, without danger. The seed thereof, on the contrary, binds the belly, and helps to stay any sort of lasks or bloody flux. The distilled water thereof is very profitably used to heal scabs; also foul ulcerous sores, and to stay the inflammation of them; the juice of the leaves or roots, or the decoction of them in vinegar, is used as a most effectual remedy to heal scabs and running sores.

The bastard rhubarb has all the properties of the Monk's rhubarb, but more effectual for both inward and outward diseases. The decoction thereof taken, eases the pains; gargled in the mouth, takes away the toothache; and when drank, helps the jaundice.

The seed taken, eases the gnawing and griping pains of the stomach, and takes away the loathing of meat. The root boiled in wine, helps the swelling of the throat, commonly called the king's evil, as also the swellings of the kernels of the ears. It helps those that are troubled with the stone, provokes urine, and helps the dimness of the sight. The roots of this bastard rhubarb are used in opening and purging diet drinks, with other things to open the liver, and to cleanse and cool the blood.

The properties of that which is called the English rhubarb, are the same with the former, but much more effectual, and has all the properties of the true Italian rhubarb, except the force in purging, wherein it is but of half the strength, and, therefore, a double quantity must be used; in other things it works almost in equal quantities, which are these: it purges the body of choler and phlegm, either taken of itself, made into powder, and drank in a draught of white wine, or steeped therein all night, and taken fasting, or put among the purges, as shall be thought convenient, cleansing the stomach, liver and blood, opening obstructions, and helps those griefs that come thereof, as the jaundice, dropsy, swelling of the spleen, tertian, and daily agues, and pricking pains of the sides; and also it stays spitting of blood. The powder taken with cassia dissolved, and Venice turpentine, cleanses the reins, and strengthens them afterwards, and is very effectual to stay the running of the reins. It is also given for the pains and swellings in the head, for those that are troubled with melancholy, and helps the sciatica, gout, and the cramp. The powder of the rhubarb, taken with a little munria and madder roots, in some red wine, dissolves clotted blood in the body, happening by any fall or bruise, and helps burstings and broken parts, as well inward as outward. The oil likewise, wherein it has been boiled, works the like effects, as an ointment. It is used to heal those ulcers that happen in the eyes or eyelids, being steeped and strained; as also to assuage the swellings and inflammations; and

applied with honey, boiled in wine, it takes away all blue spots or marks that happen therein. Whey or white wine are the best liquors to steep it in, and, therefore, it works more effectually in opening obstructions, and purging the stomach and liver. Many use a little Indian spikenard as the best corrector thereof.

#### GARDEN RUE.

Pain in the Sides, Cough, Wind Colic, Mother, Worms, Dropsy, Pimples, Pains in the Ears, St. Anthony's Fire, Sores in the Head.

Garden rue is so well known that it needs no description.

*Government and virtues.*—It provokes urine and women's courses, when taken either in meat or drink. The leaves taken by themselves, or often taken in meat and drink, abates venery, and destroys the ability to get children. A decoction made thereof with some dried dill-leaves and flowers, eases all pains and torments inwardly when drank, and outwardly when applied warm to the place grieved. The same being drank, helps the pains both of the chest and sides, as also coughs and hardness of breathing, the inflammations of the lungs; and the tormenting pains of the sciatica and the joints, when anointed, or laid on the places; as also the shaking fits of agues, by taking a draught before the fit comes; and boiled or infused in oil, it is good to help the wind colic, the hardness and windiness of the mother, and frees women from the strangling or suffocation thereof, if the parts thereabouts be anointed therewith. It kills and drives forth the worms of the belly, if it be drank after it is boiled in wine to one half, with a little honey; it helps the gout or pains in the joints, hands, feet, or knees, applied therennto; and with figs it helps the dropsy, being bathed therewith. When bruised and putt into the nostrils it stays the bleeding thereof; it helps the swelling of the cods, if they be bathed with a decoction of rue and bay leaves; it takes away wheals and pimples, by being bruised

with a few myrtle leaves, and made up with wax and applied; it cures the inorphew, and takes away all sorts of warts, if boiled in wine with some pepper and nitre, and the place rubbed therewith; and with almond and honey, helps the dry scabs of tetter or ringworm. The juice warmed in pomegranate shell or rind and dropped into the ears helps the pains of them. The juice of it and fennel, with a little honey and the gall of a cock chicken put thereunto, helps the dimness of the eyesight. An ointment made of the juice, with oil of roses, ceruse, and a little vinegar, and anointed, cures St. Anthony's fire, and all running sores in the head; and the stinking ulcers of the head, nose, or other parts. The antidote used by Mithridates every morning fasting, to secure himself from any poison or infection was this:—Take twenty leaves of rue, a little salt, a couple of walnuts, and a couple of figs, beaten together into a mess, with twenty juniper berries, which is the quantity appointed for every day. Another electuary is thus made:—Take of nitre, pepper, and cumin seed, of each equal parts; of the leaves of rue clean picked, as much in weight as all the other three weighs; beat them well together, and put as much honey as will make it up into an electuary (but you must first steep your cumin seed in vinegar twenty-four hours, and then dry it, or rather roast it on a hot fire shovel, or in an oven) and it is a remedy for pains or griefs in the chest or stomach, of the spleen, belly or sides, by the wind or stitches, of the liver by obstructions, of the reins and bladder, by the stopping of urine; and helps also to extenuate fat corpulent bodies. What an infamy is cast upon the ashes of Mithridates or Methridates (as the Augustines read his name) by unworthy people. They that deserve no good report of themselves, love to give none to others, viz:—That renowned king of Pontus fortified his body by poison against poison. (He cast out devils by Beelzebub, the prince of devils.) What a sot is he that knows not if he had accustom'd his body to cold poisons, hot poisons would have despatched him. On the contrary, if not, corrosions

would have done it. The whole world is at this present time beholden to him for his studies in physic, and he that uses the quantity but of an hazel-nut of that receipt every morning, to which his name is subjoined, shall, to admiration, preserve his body in health, if he but consider that rue is an herb of the sun, and under Leo, and gather it and the rest accordingly.

#### RUPTURE-WORT.

Ruptures, Running of Reins, Strangury, Stone, Gravel, Jaundice, all Ulcers.

*Description.*—This spreads very many thready branches round about upon the ground, about a span long, divided into many other smaller parts, full of small joints set very thick together, whereat come forth two very small leaves of a French yellow green color, branches and all, where grow forth also a number of exceeding small, yellowish flowers, scarce to be discerned from the stock and leaves, which turn into seed as small as the very dust. The root is very long and small, thrusting down deep in the ground. This has neither smell nor taste at first, but afterwards has a little astringent taste, without any manifest heat, yet a little bitter and sharp withal.

*Place.*—It grows in dry, sandy, and rocky places.

*Time.*—It is fresh and green all the summer.

*Government and virtues.*—Rupture-wort has not its name in vain, for it is found by experience to cure the rupture not only in children, but also in older persons, if the disease be not too inveterate, by taking a drachm of the powder of the dried herb every day in wine, or a decoction made and drank for certain days together. The juice or distilled water of the green herb, taken in the same manner, helps all fluxes either of man or woman, vomiting also, and the gonorrhœa, or running of the reins, when taken any of the ways aforesaid. It also, most assuredly, helps those that have the strangury, or are troubled with the stone or gravel in the reins or bladder. The

same helps stitches in the sides, griping pains of the stomach or bowels, the obstructions of the liver, and cures the yellow jaundice; likewise it kills worms in children. Being outwardly applied, it conglutinates wounds notably; and helps much to stay defluxions of rheum from the head to the eyes, nose and teeth, being bruised green, and bound thereto, or to the forehead, temples, or the nape of the neck bathed with the decoction of the dried herb. It also dries up the moisture of fistulous ulcers, or any other that are foul and spreading.

#### SAFFRON.

Heart, Brain, Consumption, Lungs, Small Pox, Measles, Jaundice.

The herb needs no description, it being known generally where it grows.

*Government and virtues.*—It helps consumptions of the lungs and difficulty of breathing. It is excellent in epidemical diseases, as pestilence, small pox and measles. It is a notable expulsive medicine and a notable remedy for the yellow jaundice. My opinion is, (but I have no author for it) that hermodactyls are nothing else but the roots of saffron dried; and my reason is, that the roots of all crocus, both white and yellow, purge phlegm as hermodactyls do; and if you please to dry the roots of any crocus, neither your eyes nor taste shall distinguish them from hermodactyls.

#### SAGE.

Provokes Urine, Women's Courses, After-Birth, Ulcers, Sores, Cods, Spitting Blood, Consumption, Hoarseness and Cough, Worms in the Ears, Sore Mouth and Throat.

Our ordinary garden sage needs no description.

*Time.*—It flowers about July.

*Government and virtues.*—A decoction of the leaves and branches of sage made and drank, says Discorides, "provokes urine, brings down women's courses, helps to expel the dead child, and causes the hair to become black." It stays the bleeding of wounds, and cleanses foul ulcers and sores. The

decoction made in wine, takes away the itching of the cods if they be bathed therewith. Orpheus says, "Three spoonfuls of the juice of sage taken fasting, with a little honey, does presently stay the spitting or casting of blood in them that are in a consumption." The following pills are highly recommended: Take of spikenard, ginger, of each two drachms; of the seed of sage toasted at the fire, eight drachms; of the long pepper, twelve drachms; all these being brought into powder, put thereto so much juice of sage as may make them into a mass of pills. Take a dose of them every morning fasting, and so likewise at night, drinking a little pure water after them. It is very profitable for all manner of pains in the head coming of cold and rheumatic humors; also for all pains of the joints, whether inwardly or outwardly, and therefore helps the falling sickness, the lethargy, such as are dull and heavy of spirit, the palsy; and is of much use in all defluxions of rheum from the head, and for the diseases of the chest or breast. The leaves of sage and nettles bruised together, and laid upon the imposthume that rises behind the ears, assuages it much. The juice of sage taken in warm water, helps a hoarseness and a cough. The leaves soddened in wine, and laid upon the place affected with the palsy, helps it much, if the decoction be drank. Also, sage taken with wormwood, is good for the bloody flux. Pliny says, "It procures women's courses, and stays them coming down too fast; helps the stinging and biting of serpents, and kills the worms that breed in the ear, and in sores." Sage is of excellent use to help the memory, warming and quickening the senses; and the conserve made of the flowers is used for the same purpose, and also for all the former recited diseases. The juice of sage drank with vinegar, has been of good use in the plague at all times. Gargles likewise are made with sage, rosemary, honey-suckles and plantain, boiled in wine or water, with some honey or alum put thereto, to wash sore mouths and throats, cankers, or the secret parts of men or women, as need requires. It is much

recommended for the stitch, or pains in the side coming of wind, if the place be foointed warm with the decoction thereof in wine, and the herb also after boiling be laid thereunto.

#### SOLOMON'S SEAL.

Wounds and Sores, Vomiting, Running of the Reins, Knit Joints and Broken Bones, Beautify the Face.

*Description.*—The common Solomon's seal rises up with a round stalk half a yard high, bowing or bending down to the ground, set with single leaves one above another, somewhat large, and like the leaves of the lily-convally, or May-lily, with an eye of bluish upon the green, with some ribs therein, and more yellowish underneath. At the foot of every leaf, almost from the bottom up to the top of the stalk, come forth small, long, white and hollow pendulous flowers, somewhat like the flowers of May-lily, but ending in five long points, for the most part two together, at the end of a long footstalk, and sometimes but one, and sometimes also two stalks, with flowers at the foot of a leaf, which are without any scent at all, and stand on one side of the stalk. After they are past, there come in their places small round berries, great at the first, and blackish green, tending to blueness, when they are ripe, wherein lie small white, hard, and stony seeds. The root is of the thickness of one's finger or thumb, white and knotted in some places, a flat round circle, representing a seal, whereof it took the name, lying along under the upper crust of the earth, and not growing downwards, but with many fibres underneath.

*Government and virtues.*—The root of Solomon's seal is found by experience to be available in wounds, hurts, and outward sores, to heal and close up the lips of those that are green, and to dry up and restrain the flux of humors to those that are old. It is singularly good to stay vomitings and bleeding wheresoever, as also all fluxes in men or women, whether whites or reds in women, or the running of the reins in men; also to knit any joint, which by weakness is

often out of place, or will not stay in long when it is set; also, to knit and join broken bones in any part of the body, the roots being bruised and applied to the places; yea, it has been found by late experience, that the decoction of the root in wine, or the bruised root put into wine or other drink after a night's infusion, strained forth hard and drank, has helped both man and beast, whose bones have been broken by any occasion, and is the most assured refuge of help to the people of the land that they can have. It is no less effectual to help ruptures and burstings, the decoction in wine, or the powder in broth, or drink, being inwardly taken, and outwardly applied to the place. The same is also available for inward or outward bruises, falls or blows, both to dispel the congealed blood, and to take away both the pains and the black and blue marks that abide after the hurt. The same also, or the distilled water of the whole plant, used on the face, or other parts of the skin, cleanses it from morphew, freckles, spots, or marks whatsoever, leaving the place fresh, fair and lovely.

#### SANICLE.

Green Wounds, Inward Bleedings, Ulcers, Throat, Mouth and Privates, Ulcers in the Kidneys, Running of the Reins.

*Description.*—Ordinary sanicle sends forth many great round leaves, standing upon long brownish stalks, every one somewhat deeply cut or divided into five or six parts, and some of these also cut in somewhat like the leaf of crowsfoot, or dovesfoot, and finely dented about the edges, smooth, and of a dark shining color, and sometimes reddish about the brim; from among which arise up small, round, green stalks, without any joint or leaf thereon, saving at the top, where it branches forth into flowers, having a leaf divided into three or four parts at that joint, with the flowers, which are small and white, starting out of small, round, greenish yellow heads, many standing together in a tuft, in which afterwards are the seeds contained, which are small round burrs, somewhat like the leaves of cleavers, and stick in the same

manner upon anything that they touch. The root is composed of many blackish strings or fibres, set together at a little long head, which abides with green leaves all the winter, and perishes not.

*Place.*—It is found in many shadowy woods, and other places of this land.

*Time.*—It flowers in June, and the seed is ripe shortly after.

*Government and virtues.*—It heals green wounds speedily, or any ulcers, imposthumes, or bleedings inward, also tumors in any part of the body; for the decoction or powder in drink taken, and the juice used outwardly, dissipates the humors; and there is not found any herb that can give such present help either to man or beast, when the disease falls upon the lungs or throat, and to heal up putrid malignant ulcers in the mouth and throat, by gargling or washing with the decoction of the leaves and roots made in water, and a little honey put thereto. It helps to stay women's courses, and all other fluxes of blood, either by the mouth, urine, or stool, and lasks of the belly; the ulcerations of the kidneys also, and the pains in the bowels, and running of the reins, being boiled in wine or water, and drank. The same also is no less powerful to help any rupture or burstings, used both inwardly and outwardly; and, briefly, it is as effectual in binding, restraining, consolidating, heating, drying and healing, as comfrey, bugle, self-heal, or any other of the vulnerary herbs whatsoever.

#### SARACEN'S CONFOUND, OR SARACEN'S WOUND-WORT.

Obstructions, Yellow Jaundice, Dropsy, Ulcers of the Reins, Mother, Ulcers in the Mouth or Throat, Sores in the Privy Parts.

*Description.*—This grows high sometimes, with brownish stalks, and other whites with green, to a man's height, having narrow green leaves snipped about the edges, somewhat like those of the peach-tree, or willow leaves, but not of such a white green color. The tops of the stalks are furnished with many yellow, star-like flowers, standing in green heads, which, when they are fallen, and the seed

ripe, which is somewhat long, small, and of a brown color, wrapped in down, are therewith carried away with the wind. The root is composed of fibres set together at a head, which perishes not in winter, although the stalks dry away, and no leaf appears in the winter. The taste is strong and unpleasant, and so is the smell also.

*Place.*—It grows in moist and wet grounds, by wood-sides, and sometimes in moist places of shadowy groves, as also by the water-side.

*Time.*—It flowers in July, and the seed is soon ripe, and carried away with the wind.

*Government and virtues.*—This herb boiled in wine, and drank, helps the indisposition of the liver, and frees the gall from obstructions; whereby it is good for the yellow jaundice, and for the dropsy in the beginning of it; for all inward ulcers of the reins, mouth or throat, and inward wounds and bruises, likewise for such sores as happen in the privy parts of men or women. When steeped in wine, and then distilled, the water thereof drank is singularly good to ease all gnawings in the stomach, or other pains of the body, as also the pains of the mother; and when boiled in water, it helps continual agues; and the said water, or the simple water of the herb distilled, or the juice or decoction, are very effectual to heal any green wound, or old sores or ulcers, cleansing them from corruption, and quickly healing them.

#### WINTER AND SUMMER SAVORY.

Colic, Mother, Provokes Urine, Tough Phlegm, Dull Sight, Deafness,  
Singing in the Ears, Stinging of Bees.

Both of these are so well known that they need no description.

*Government and virtues.*—There is not a better herb for the colic than this herb. Keep it dry by you all the year, and make conserves and syrups of it for your use, and withal, take notice that the summer kind is the best. They are both of them hot and dry, especially the summer kind, which is both sharp and quick in taste, expelling wind in the stom-

ach and bowels, and is a present help for the rising of the mother produced by wind; provokes urine and women's courses, and is much recommended for women with child to take inwardly, and to smell of often. It cures tough phlegm in the chest and lungs, and helps to expectorate it the more easily; quickens the dull spirits in the lethargy, the juice thereof being snuffed up into the nostrils. The juice dropped into the eyes, clears a dull sight, if it proceed of thin cold humors distilled from the brain. The juice heat with oil of roses, and dropped into the ears, eases them of the noise and singing in them, and of deafness also. Outwardly applied with wheat flour, in manner of a poultice, it gives ease to them, and takes away their pains.

#### SMALLAGE.

Liver and Spleen, Urine and Women's Courses, Jaundice, Sore Throat, Worms and Stinking Breath.

This is also very well known, and therefore I shall not trouble the reader with any description thereof.

*Place.*—It grows naturally in dry and marshy ground, but if it be sown in gardens it there prospers very well.

*Time.*—It is green all the winter, and seeds in Angust.

*Governement and virtues.*—Smallage is hotter, drier, and much more medicinal than parsley, for it much more opens obstructions of the liver and spleen, rarifies thick phlegm, and cleanses it and the blood withal. It provokes urine and women's courses, and is singularly good for the yellow jaundice, tertian and quartan agues, if the juice thereof be taken, but especially if made up into a syrup. The juice also put in honey of roses and barley-water, is very good to gargle in the mouth and throat of those that have sores and ulcers in them, and will quickly heal them. The same lotion also cleanses and heals all other foul ulcers and cankers elsewhere, if they be washed therewith. The seed is especially used to break and expel wind, to kill worms, and to help a stinking breath. The root is effectual for all the pur-

poses aforesaid, and is held to be stronger in operation than the herb, but especially to open obstructions and to rid away any agues, if the juice thereof be taken in wine, or the decoction thereof in wine be used.

#### SORREL.

Cools Inflammations, Quenches Thirst, Provokes Appetite, Kills Worms, Women's Courses, Inward Ulcers and Itch, Jaundice, Tetter and Ringworms.

Our ordinary sorrel, which grows in gardens, and also wild in the fields, is so well known, that it needs no description.

*Governor and virtues.*—Sorrel is prevalent in all hot diseases, to cool any inflammation and heat of blood in agues, pestilential or choleric, or sickness and fainting, arising from heat, and to refresh the overspent spirits, with the violence of furious or fiery fits of agues; to quench thirst, and procure an appetite in fainting or decaying stomachs; for it resists the putrefaction of the blood, kills worms, and is a cordial to the heart, which the seed does more effectually, being more drying and binding, and thereby stays the hot fluxes of women's courses, or of humors in the bloody flux, or flux of the stomach. Both roots and seed, as well as the herb, are held as powerful to resist the poison of the scorpion. The decoction of the roots is taken to help the jaundice, and to expel the gravel and the stone in the reins or kidneys. The decoction of the flowers, made with wine and drank, helps the black jaundice, as also the inward ulcers of the body and bowels. A syrup made with the juice of sorrel and sumitory, is a sovereign help to kill those sharp humors that cause the itch. The juice thereof, with a little vinegar, serves well to be used outwardly for the same cause, and is also profitable for tetter, or ringworms. It helps also to discuss the kernels in the throat; and the juice gargled in the mouth helps the sores therein. The leaves wrapped in a colewort leaf and roasted in the embers, and applied to hard impostumes, blotch, boil, or plague sore, both ripens and breaks it. The distilled water of the herb is of much good use for all the purposes aforesaid.

## WOOD SORREL.

Ulcers, Inflammations, Procures Appetite, Fevers, Hot Swellings, Cankers, or Ulcers in the Mouth, Wounds, Scabs.

*Description.*—This grows upon the ground, having a number of leaves coming from the root made of three leaves, like a trefoil, but broad at the ends, and cut in the middle, of a yellowish green color, every one standing on a long footstalk, which at their first coming up are close folded together to the stalk, but opening themselves afterwards, and are of a fine sour relish, and yielding a juice which will turn red when it is clarified, and makes a most dainty clear syrup. Among these leaves rise up divers tender, weak, footstalks, with every one of them a flower at the top, consisting of five small pointed leaves, star fashion, of a white color in most places, and in some dashed over with a small show of bluish, on the back side only. After the flowers are past, follow small round heads, with small yellow seed in them. The roots are nothing but small strings fastened to the end of a small long piece; all of them being of a yellowish color.

*Place.*—It grows in many places of this land, in woods and wood-sides, where it is moist and shadowed, and in other places not too much open to the sun.

*Time.*—It flowers in April and May.

*Government and virtues.*—Wood sorrel serves for all the purposes that the other sorrels do, and is more effectual in hindering putrefaction of blood, and ulcers in the mouth and body, and to quench thirst, to strengthen a weak stomach, to procure an appetite, to stay vomiting, and is very excellent in any contagious sickness or pestilential fevers. The syrup, made of the juice, is effectual in all the cases aforesaid, and so is the distilled water of the herb. Sponges, or linen cloths, wet in the juice, and applied outwardly to any hot swelling or inflammation, does much to cool and help them. The same juice taken and gargled in the mouth, and after it is spit forth,

taken afresh, wonderfully helps a foul stinking canker or ulcers therein. It is singularly good to heal wounds, or to stay the bleeding of thrusts or wounds in the body.

#### SOW THISTLE.

Pains in the Ears and Stomach, Wheezing, Stinking Breath, Speedy Delivery, Singing in the Ears.

Sow thistles are generally so well known that they need no description.

*Government and virtues.*—Sow thistles are cooling, and somewhat binding; and are very fit to cool a hot stomach, and ease the pains thereof. The herb, boiled in wine, is very helpful to stay the dissolution of the stomach, and the milk that is taken from the stalks when they are broken, given in drink, is beneficial to those that are short-winded, and have a wheezing. The juice or distilled water is good for all hot inflammations, wheals and eruptions or heat in the skin. The juice boiled or thoroughly heat in a little oil of bitter almonds, in the peel of a pomegranate, and dropped into the ears, is a sure remedy for deafness and singings. Three spoonsful of the juice taken, warmed in white wine, and some wine put thereto, causes women in travail to have so easy and speedy delivery, that they may be able to walk presently after.

#### SOUTHERN WOOD.

Ruptures, Convulsions, Strangury, Women's Courses, Inflamed Eyes, Worms, Splinters, Old Sores, Private Parts, Stone, Mother.

Southern wood is so well known that it needs no description.

*Government and virtues.*—It is said that the seed bruised, and heat in warm water, and drank, helps those that are ruptured, or troubled with cramps or convulsions of the sinews, the sciatica, or difficulty in making water, and bringing down women's courses. The same taken in wine is an antidote, or counter poison, against all deadly poison, and drives away serpents and other venomous creatures; as also the

smell of the herb, being burnt, does the same. The oil thereof anointed on the backbone, before the fits of the ague come, takes them away. It takes away inflammations in the eyes, if it be put with some part of roasted quince, and boiled with a few crumbs of bread, and applied. Boiled with barley-meal, it takes away pimples, pushes, or wheals that arise in the face, or other parts of the body. The seed, as well as the dried herb, is often given to kill worms in children. The herb bruised and laid on, helps to draw forth splinters and thorns out of the flesh. The ashes mingled with old salad oil, helps those that have hair fallen off, and are bald, causing the hair to grow again either on the head or beard. The distilled water of the herb is said to help them much that are troubled with the stone, as also for the diseases of the spleen and mother.

#### STRAWBERRIES.

Cools the Liver, Quenches the Stomach, Inflammations, Stays Bloody Flux, Panting of the Heart, Privates, Loose Teeth, Catarrhs, Red Face, Deformities in the Skin, Films over the Eyes.

These are so well known that they need no description.

*Government and virtues.*—Strawberries, when they are green, are cool and dry; but when they are ripe they are cool and moist. The berries are excellent to cool the liver, the blood, and the spleen, or an hot choleric stomach; to refresh and comfort the fainting spirits, and quench thirst. They are good also for other inflammations; yet it is not amiss to refrain from them in a fever, lest by their putrifying in the stomach they increase the fits. The leaves and roots boiled in wine and water, and drank, likewise cool the liver and blood, and assuage all inflammations in the reins and bladder, provokes urine, and allay the heat and sharpness thereof. The same also when drank, stay the bloody flux and women's courses, and help the swelling of the spleen. The water of the berries, carefully distilled, is a sovereign remedy and cordial in the panting and beating of the heart, and

is good for the yellow jaundiee. The juice dropped into foul ulcers, or are washed therewith, or the decoction of the herb and root, wonderfully cleanses and helps to cure them. Lotions and gargles for sore mouths, or ulcers therein, or in the privy parts or elsewhere, are made with the leaves and roots thereof; which is also good to fasten loose teeth, and to heal spongy foul gums. It helps also to stay catarrhs, or defluxions of rheum in the mouth, throat, teeth, or eyes. The juice or water is singularly good for hot and red inflamed eyes, if dropped into them, or they are bathed therewith. It is excellent for all pushes, wheals and other breakings out of hot and sharp humors in the face and hands, and other parts of the body, to bathe them with, and to take away any redness in the face, or spots, or other deformities on the skin, and to make it clear and smooth. Some use this medicine as follows:—Take as many strawberries as you shall think fit, and put them into a distillatory, or body of glass fit for them, which being well closed, set it in a bed of horse dung for your use. It is an excellent water for hot inflamed eyes, and to take away a film, or skin that begins to grow over them, and for such other defects in them as may be helped by any outward medicine.

#### GARDEN TANSY.

Dysury, Strangury, Reins, Kidneys, Wind, Womb, Miscarriages, Stone, Stomach, Worms, Cramps.

Garden tansy is so well known that it needs no description.

*Government and virtues.*—This herb bruised and applied to the navel, stays miscarriages. I know no herb like it for that use. Boiled in ordinary beer, and the decoction drank, does the like; and if the womb be not as you would have it, this decoction will make it so. Also it consumes the phlegmatic humors, the cold and moistness that winter most usually affects the body of man with, and that was the first reason of eating tansies in the spring. The decoction of common tansy, or the juice drank in

wine, is a singular remedy for all the griefs that come by stopping of the urine, helps the strangury, and those that have weak reins and kidneys. It is also very profitable to dissolve and expel wind in the stomach, belly, or bowels, to procure women's courses, and expel windiness in the matrix, if it be bruised and often smelled of, as also applied to the lower part of the belly. It is also very profitable for such women as are given to miscarry in child-bearing, to cause them to go their full time. It is used also for the stone in the reins, especially in men. The herb fried with eggs, which is called a tansy, helps to digest and carry downward those bad humors that trouble the stomach. The seed is very profitable when given to children for the worms, and the juice in drink is as effectual. Being boiled in oil, it is good for the sinews shrunk by cramps, or pained with colds, if thereto applied.

#### SUCCORY.

Choleric Humors, Jaundice, Hot Reins, Dropsy, St. Anthony's Fire, Inflamed Eyes, Too much Milk.

*Description.*—The garden succory has longer and narrower leaves than the endive, and more cut in or torn on the edges, and the root abides many years. It bears also blue flowers like endive, and the seed is hardly distinguished from the seed of the smooth or ordinary endive. The wild succory has divers long leaves lying on the ground, very much cut in or torn on the edges, on both sides, even to the middle rib, ending in a point; sometimes it has a rib down to the middle of the leaves, from among which rises up a hard, round, woody stalk, spreading into many branches, set with smaller and lesser divided leaves on them up to the tops, where stand the flowers, which are like the garden kind, and the seed is also; the root is white, but more hard and woody than the garden kind. The whole plant is exceedingly bitter.

*Place.*—This grows in many places of our land, in waste, unilled, and barren fields. The other in gardens.

*Government and virtues.*—A handful of the leaves, or roots, boiled in wine or water, and a draught thereof drank fasting, drives forth choleric and phlegmatic humors, opens obstructions of the liver, gall and spleen; helps the yellow jaundice, the heat of the reins and of the urine; the dropsy also, and those that have an evil disposition in their bodies, by reason of long sickness or bad diet. A decoction thereof made with wine, and drank, is very effectual for long lingering agues; and a drachm of the seed in powder, drank in wine, before the fit of the ague, helps to drive it away. The distilled water of the herb and flowers (if you can take them in time) has the like properties, and is especially good for hot stomachs, and in agues, either pestilential or of a long continuance; for swooning and passions of the heart, for the heat and headache in children, and for the blood and liver. The said water, or the juice, or the bruised leaves applied outwardly, allays swellings, inflammations, St. Anthony's fire, pushes, wheals and pimples, especially used with a little vinegar. It is also very effectual for sore eyes that are inflamed with redness, and for nurses' breasts that are pained by the abundance of milk.

The wild succory, as it is more bitter, so it is more strengthening to the stomach and liver.

#### WILD TANSY, OR SILVER WEED.

Flux, Stops Terms, Vomiting, Whites, Bellyache, Sciatica, Loose Teeth, Sore Legs, Freckles, Sun-Burnings.

This is also so well known that it needs no description.

*Government and virtues.*—Wild tansy stays the fluxes, and all the fluxes of blood in men and women, which some say it will do, if the green herb be worn in the shoes, so it be next the skin; and it is true enough, that it will stop the terms, if worn so, and the whites too, for aight I know. It stays also spitting or vomiting of blood. The powder of the herb taken in some of the distilled water, helps the whites in women, but more especially if a little coral and

ivory in powder be put to it. It is also recommended to help children that are burst and have a rupture, by being boiled in water and salt. Boiled in water and drank, it eases the pains of the bowels, and is good for the sciatica and jointaches. The same boiled in vinegar, with honey and alum, and gargled in the mouth, eases the pains of the toothache, fastens loose teeth, helps the gums that are sore, and settles the palate of the mouth in its place, when it is fallen down. It cleanses and heals ulcers in the mouth or secret parts, and is very good for inward wounds, and to close the lips of green wounds, and to heal old, moist, and corrupt running sores in the legs or elsewhere. The distilled water cleanses the skin of all discolorings therein, as morphew, sun-burnings, as also pimples and freckles; and dropped into the eyes, or cloths wet therein and applied, takes away the heat and inflammations in them.

#### THE BLACK THORN, OR SLOE BUSH.

Binds, Cools, Dries, Bloody Flux, Gnawing in the Bowels, Sore Mouth and Throat.

It is so well known, that it needs no description.

*Place.*—It grows in every county, in the hedges and borders of fields.

*Time.*—It flowers in April, and sometimes in March, but the fruit ripens after all other plums whatsoever, and is not fit to be eaten until the autumn frost mellows them.

*Government and virtues.*—All the parts of the sloe bush are binding, cooling and dry, and all effectual to stay bleeding at the nose and mouth, or any other place; the lask of the belly or stomach, or bloody flux; the too much abounding of women's courses, and helps to ease the pains of the sides, bowels, and intestines, that come by overmuch looseness, to drink the decoction of the bark of the roots, or more usually the decoction of the berries, either fresh or dried. The distilled water of the flowers, first steeped in sack for a night, and drawn therefrom by the heat of the balnum angelice, or broth, is a most certain

remedy, tried and approved, to ease all manner of gnawings in the stomach, the sides and bowels, or any griping pains in any of them, to drink a small quantity when the extremity of the pain is upon them. The leaves also are good to make lotions to gargle and wash the mouth and throat, wherein are swellings, sores, or kernels; and to stay the defluxions of rheum to the eyes, or other parts; as also to cool the heat and inflammations of them, and ease hot pains of the head, to bathe the forehead and temples therewith.

#### THOROUGH-WAX, OR THOROUGH-LEAF.

Bruises, Wounds, Ulcers, Ruptures, Navel sticking out.

*Description.*—Common thorough-wax sends forth a strait round stalk, two feet high, or better, whose lower leaves being of a bluish color, are smaller and narrower than those up higher, and stand close thereto, not compassing it; but as they grow higher, they more encompass the stalk, until it wholly passes through them, branching toward the top into many parts, where the leaves grow smaller again, every one standing singly, and never two at a joint. The flowers are small and yellow, standing in tufts at the heads of the branches, where afterwards grow the seed, being blackish, many thick thrust together. The root is small, long and woody, perishing every year, after seed-time, and rising again plentifully of its own sowing.

*Place.*—It is found growing in many corn-fields and pasture-grounds in this land.

*Time.*—It flowers in July, and the seed is ripe in August.

*Goverment and virtues.*—Thorough-wax is of singularly good use for all sorts of bruises and wounds, either inward or outward, and old ulcers and sores likewise, if the decoction of the herb with water and wine be drank, and the place washed therewith; or the juice of the green herb bruised or boiled, either by itself or with other herbs, in oil or hog's grease, be made into an ointment to use all the year. The

decoction of the herb, or powder of the dried herb, taken inwardly, and the same, or the leaves bruised, and applied outwardly, is excellent for all ruptures and burstings, especially in children before they are too old. Being applied with a little flour and wax to children's navels, that stick out, it helps them. The decoction of the dried herb is very good for the jaundice. It often causes vomiting and purging in an easy and gentle manner, and it is a safe medicine to be taken by young as well as old people. It helps the piles, and an ointment made of this herb and hog's grease, is good to anoint the fundament or any inflammation on any part of the body.

#### THYME.

Lungs, Chincough, Safe and Speedy Delivery, Expels Wind.

It is in vain to describe an herb so commonly known.

*Government and virtues.*—It is a noble strengthener of the lungs, as notable a one as grows; neither is there scarce a better remedy growing for that disease in children which they commonly call the chincough, than this. It purges the body of phlegm, and is an excellent remedy for shortness of breath. It kills worms in the belly, and provokes the terms; gives safe and speedy delivery to women in travail, and brings away the after-birth. An ointment made of it takes away hot swellings and warts, helps the sciatica and dulness of sight, and takes away pains and hardness of the spleen. It eases pains in the loins and hips. The herb taken any way inwardly, comforts the stomach much, and expels wind.

#### MEADOW TREFOIL, OR HONEYSUCKLES.

Bellyaches, Inflammations, Web in the Eyes, Whites, Swellings, Imposthumes.

It is so well known, especially by the name of honeysuckles, white and red, that I need not describe them.

*Government and virtues.*—The leaves and flowers are good to ease the griping pains of the gout, the

herb being boiled and used in a clyster. If the herb be made into a poultice, and applied to inflammations, it will ease them. The juice dropped in the eyes, is a familiar medicine with many people, to take away the pin and web in them. The herb also bruised and heat between tiles, and applied hot to the sore parts, causes them to make water who had it stopped before. It is held likewise to be good for wounds, and to take away seed. The decoction of the herb and flowers, with the seed and root, taken for some time, helps women that are troubled with the whites. The seed and flowers boiled in water, and afterwards made into a poultice with some oil, and applied, helps hard swellings and imposthumous.

#### GARDEN VALERIAN.

Dysury, Strangury, Stitch, Provokes Terms, Breast, Cough, Pestilence, Headache, Splinters, Thorns.

*Description.*—This has a thick, short, greyish root, lying for the most part above ground, shooting forth on all other sides such like small pieces of roots, which have all of them many long green strings and fibres under them in the ground, whereby it draws nourishment. From the head of these roots spring up many green leaves, which at first are somewhat broad and long, without any divisions at all in them, or dented on the edges; but those that rise up after, are more and more divided on each side, some together on a stalk, and those upon a stalk, in like manner more divided, but smaller towards the top than below; the stalk rises up to be a yard high or more, sometimes branched at the top, with many small, whitish flowers, sometimes dashed over at the edges, with a pale purplish color of a little scent, which passing away, there follows small, brownish white seed, that are easily carried away with the wind. The root smells more strong than either leaf or flower, and is of more use in medicines.

*Place.*—It is generally kept in gardens.

*Time.*—It flowers in June and July, and continues flowering until the frost destroys it.

*Government and virtues.*—The garden valerian has a warining faculty, and being dried and given to drink, it provokes urine, and helps the strangury. The decoction thereof taken, does the like also, and takes away pains of the sides, provokes women's courses, and is used in antidotes. The root of valerian boiled with liquorice, raisins and annisseed, is singularly good for those that are short-winded, and for those that are troubled with the cough, and helps to open the passages, and to expectorate phlegm easily. It is of a special virtue against the plague, the decoction thereof being drank, and the root used to smell of. It helps to expel the wind in the belly. The green herb, with the root, taken fresh, being bruised and applied to the head, takes away the pains and prickings there, stays rheum and thin distillations, and boiled in white wine, and a drop thereof put into the eyes, takes away the dimness of the sight, or any pin or web therein. It is of excellent property to heal any inward sores or wounds, and also for outward hurts or wounds, and drawing away splinters or thorns out of the flesh.

#### VERVAIN.

Obstructions, Jaundice, Worms, Cough, Agues, Gravel, Reins, Womb, Dropsy, Fistulas, Phrenzy.

*Description.*—The common vervain has somewhat long broad leaves next the ground, deeply gashed about the edges, and some only deeply dented, or cut all alike, of a blackish green color on the upper side, somewhat grey underneath. The stalk is square branched into several parts, rising about two feet high, especially if you reckon the long spike of flowers at the tops of them, which are set on all sides, one above another, and sometimes two or three together, being small and gaping, of a blue color and white intermixed, after which come small round seed in small and somewhat long heads. The root is small and long, but of no use.

*Place.*—It grows generally in hedges and way-sides and other waste grounds.

*Time.*—It flowers in July and the seed is ripe soon after.

*Government and virtues.*—Vervain is hot and dry, opening obstructions, cleansing and healing. It helps the yellow jaundice, the dropsy and the gout; it kills and expels worms in the belly, and causes a good color in the face and body; strengthens as well as corrects the diseases of the stomach, liver and spleen; helps the cough, and wheezings, shortness of breath, and all the defects of the reins and bladder, expelling the gravel and stone. It consolidates and heals also all wounds, both inward and outward, stays bleedings, and used with some honey, heals all old ulcers and fistulas in the legs or other parts of the body; as also those ulcers that happen in the mouth; or used with hog's grease, it helps the swellings and pains of the secret parts in man or woman, also it is good for the piles; applied with some oil of roses and vinegar to the forehead and temples, it eases the inveterate pains and ache of the head, and is good for those that are frantic. The leaves bruised, or the juice of them mixed with some vinegar, wonderfully cleanses the skin, and takes away morphew, freckles, fistulas and other like inflammations and deformities of the skin in any parts of the body. The distilled water of the herb, when it is in full strength, dropped into the eyes, cleanses them from films, or mists that darken the sight.

#### THE VINE.

Sore Mouths, Inflammations, Women's Longings, Stone.

The leaves of the English vine, by being boiled, make a good lotion for sore mouths; boiled with barley-meal into a poultice, it cools inflammations of a wound. The dropping of the vine, when it is cut in the spring, boiled in a syrup, with sugar, and taken inwardly, is excellent to stay women's longings after everything they see, which is a disease many women with child are subject to. The decoction of vine leaves in white wine does the like; also the tears of the vine, drank two or three spoonfuls at a time,

breaks the stone in the bladder. The ashes of the burnt branches will make teeth that are as black as a coal, to be as white as snow, if you but rub them every morning with it. It is very sympathetical with the body of man, and that is the reason spirit of wine is the greatest cordial among all vegetables.

### VIOLETS.

Inflammations, Eyes, Falling Sickness, Quinsy, Hoarsness, Throat, Reins, Thirst.

Both the tame and the wild are so well known, that they need no description.

*Government and virtues.*—All the violets are cold and moist while they are fresh and green, and are used to cool any heat, or distemperature of the body, either inwardly or outwardly, as inflammations in the eyes, in the matrix or fundament, in impostumes also, and hot swellings, to drink the decoction of the leaves and flowers made with water and wine, or to apply them poultice-wise to the grieved places. It likewise eases pains in the head, caused through want of sleep; or any other pains arising of heat, when applied in the same manner, or with oil of roses. A drachin weight of the dried leaves or flowers of violets,—but the leaves are more strong,—purges the body of choleric humors, and assuages the heat, by being taken in a draught of wine, or any other drink; the powder of the purple leaves of the flowers, only picked and dried and drank in water, is said to help the quinsy, and the falling sickness in children, especially in the beginning of the disease. The flowers of the white violets ripen and dissolve swellings. The herb or flowers, while they are fresh, or the flowers when they are dry, are effectual in the pleurisy, and all diseases of the lungs, to lenify the sharpness of the rheums, and the hoarseness of the throat, the heat and sharpness of urine, and all the pains of the back or reins and bladder. It is good also for the liver and the jaundice, and all hot agues, to cool the liver, and quench the thirst; but the syrup of violets is of most use, and of better effect, being

taken in some convenient liquor. The dried flowers of violets are accounted good amongst the cordial drinks, powders and other medicines, especially where cooling cordials are necessary. The green leaves are used with other herbs to make plasters and poultices for inflammations and swellings, and to ease all pains whatsoever, arising of heat, and for the piles also, by being fried with yolks of eggs, and applied thereto.

#### THE WALNUT TREE.

Worms, Inflammations, Carbuncles, Baldness, Quinsy, Colic, Mother, Deafness.

It is so well known that it needs no description.

*Government and virtues.*—The bark of the tree binds and dries much, and the leaves are much of the same temperature; but the leaves, when they are older, are heating and drying in the second degree, and harder of digestion than when they are fresh, which by reason of their sweetness, are more pleasing and easier digested in the stomach; and taken with sweet wine, they move the belly downwards. In hot bodies they cause the choler to abound, and the head to ache, and are an enemy to those that have the cough; but are less hurtful to those that have a cold stomach, and are said to kill worms in the belly or stomach. The kernels, when they grow old, are more oily, and therefore not fit to be eaten, but are then used to heal the wounds of the sinews, gangrenes and carbuncles. They are also, when burned, and taken in red wine, very astringent, and will stay lasks and women's courses. They stay the falling off of the hair, and make it fair, when anointed with oil and wine. The green husks will do the like, when used in the same manner. The kernels beaten with rue and wine, and taken, help the quinsy; and bruised with some honey, and applied to the ears, ease the pains and inflammations of them. A piece of the green husks put into a hollow tooth relieves the pain. The catkins thereof, taken before they fall off, dried, and a drachm given in powder with white wine, wonderfully helps those that are troubled with the

rising of the mother. The oil that is pressed out of the kernels, is very profitable taken inwardly like oil of almonds, to help the colie, and is effectual to expel wind; an ounee or two may be taken at any time. The young green nnts, taken before they are half ripe, and preserved with sugar, are of good use for those that have weak stomachs, or defluxions thereon. The distilled water of the green husks, before they are half ripe, is of exellect use to cool the heat of agues, being drank an ounee or two at a time; as also to resist the infections of the plague, if some of the same be also applied to the sores thereof. The same water is very good for the quinsy, if the throat is gargled and bathed therewith; and wonderfully help deafness, and the nose, and other pains in the ears. The distilled waters of the young green leaves in the end of May, performs a singular cure of foul running uleers and sores, when bathed with wet cloths, or sponges applied to them every morning.

#### WHEAT.

Cold, Tetter, Ringworms, Ulcers, King's Evil, Hoarseness.

All the several kinds are so well known that they need no desription.

*Government and virtues.*—The oil pressed from wheat, between two thiiek plates of iron, or copper, heated, heals all tetter and ringworms, when used warm. The same is good to be put into hollow uleers to heal them up, and it is good for ehaps of the hands and feet, and to make a rough skin smooth. Sliess of wheat bread soaked in red rose water, and applied to the eyes that are hot, red and inflamed, or blood-shotten, helps them. Hot bread applied for an hour, at a time, for three days together, perfectly heals the kernels in the throat, commonly called the king's evil. The flour of wheat mixed with the juiee of henbane, stays the flux of humors to the joints, when laid thercon. The meal boiled in vinegar, helps the shrinking of the sinews; and mixed with vinegar, boiled together, helps all freckles, spots and pimples on the faee. Wheat flour, mixed with the yolk of an

egg, honey and turpentine, draws, cleanses and heals any boil, plague sore, or foul ulcer. The bran of wheat meal, steeped in sharp vinegar, and then bound in a linen cloth, and rubbed on places that have the scurf, morphew, scabs or leprosy, will take them away, the body being first well purged and prepared. The decoction of the bran of wheat or barley, is of good use to bathe those places that are affected by a rupture; and the bran boiled in good vinegar, and applied to swollen breasts, helps them, and stays all inflammations. The leaves of wheat meal, applied with salt, take away hardness of the skin, warts and hard knots in the flesh. Wasters put in water, and drank stays the lasks and bloody flux, and are profitably used, both inwardly and outwardly for the ruptures in children. Boiled in water to a thick jelly, and taken, stays spitting of blood; and boiled with mint and butter, helps the hoarseness of the throat.

#### THE WILLOW TREE.

Stanch Bleeding, Spitting Blood, Distillations on the Lungs, Dimness of Sight, Warts, Dandruff.

These are so well known that they need no description; I shall therefore only give you the virtues thereof.

*Government and virtues.*—Both the leaves, bark and seed are used to stanch bleeding of wounds, and at the mouth and nose, spitting of blood, and other fluxes of blood in men or women, and to stay vomiting and provocation thereto, if the decoction of them in wine is drank. They help also to stay thin, hot, sharp salt distillations from the head upon the lungs, causing a consumption. The leaves bruised with some pepper, and drank in wine, help much the wind colic. Water that is gathered from the willow, when it flowers, the bark being slit, and a vessel fitting to receive it, is very good for redness and dimness of sight, or films that grow over the eyes, and stay the rheums that fall into them; to provoke urine, being stopped, if it be drank; to clear the face and skin from spots and discolorings. The flowers have an

admirable faculty in drying up humors, being a medicine without any sharpness or corrosion. The bark works the same effect, if used in the same manner, and the tree has always a bark upon it, though not always flowers. The burnt ashes of the bark, mixed with vinegar, take away warts, corns, and superfluous flesh, when applied to the place. The decoction of the leaves or bark in wine, takes away scurf and dandruff by washing the place with it. It is a fine, cool tree, the boughs of which are very convenient to be placed in the chamber of one sick of a fever.

#### WORMWOOD.

Choler, Provokes Urine, Helps Surfeits, Appetite Lost, Jaundice, Preserves Health, Black and Blue Spots, Quinsy, Spleen, Stinking Breath, Weak Sight.

This herb is so well known that it needs no description.

*Government and virtues.*—The seeds of wormwood are good to expel worms in children; they are also good for the appetite. The sun never shone upon a better herb for the yellow jaundice than this. It provokes urine, helps surfeits, or swellings in the belly, and causes appetite for food. Take of the flowers of wormwood, rosemary and black thorn, of each a like quantity, half that quantity of saffron; boil this in rheinish wine, put them not in the saffron, till they are almost boiled. This is the way they keep the body in health. Wormwood provokes the terms; it is likewise good for wheals, pushes, black and blue spots, coming either by bruises or beatings,—the throat is under venus,—the quinsy lies in the throat,—wormwood eradicates all diseases in the throat and head. It is likewise good for the colic and the spleen. It is a fine heating herb and a strengthener, and is capable of cleansing the whole body. It is likewise good for agues, dull brain and weak sight, and the best medicine for the brain fever that can be found. It is a speedy remedy for delirium, if the bowels be cleansed before giving the wormwood tea.

## YARROW.

Wounds, Inflammations, Baldness, Ulcers, Retentive Faculty, Running of the Reins, Whites, Toothache.

*Description.*—It has many long leaves spread upon the ground, finely cut, and divided into many small parts. Its flowers are white, but not all of the same whiteness, and stayed in knots, upon divers green stalks which rise from among the leaves.

*Place.*—It is frequent in all pastures.

*Time.*—It flowers late in the latter end of August.

*Government and virtues.*—An ointment of it cures wounds, and is most fit for such as have inflammations; it stops the terms in women, when boiled in white wine, and the decoction drank; also the bloody flux. The ointment of it is not only good for green wounds, but also for ulcers and fistulas, especially such as abound with moisture. It stays the shedding of hair, the head being bathed with the decoction of it; inwardly taken, it helps the retentive faculty of the stomach; it helps the running of the reins in men, and the whites in women, and helps such as cannot hold their water. The leaves chewed in the mouth, eases the toothache; and these virtues being put together, show the herb to be drying and binding.

## IRISH MOSS.

This is a sea-weed, called also carrageen. It is thrown up in large clusters by the tides, on beaches. It is sold in Boston and other cities for various domestic purposes.

## SLIPPERY ELM.

A table-spoonful of powdered elm, boiled in a pint of new milk, affords a nourishing diet for infants, weaned from the breast. It prevents the bowel complaint to which they are subject, and renders them fat and healthy. Slippery elm is a prominent ingredient in poultices, in diarrhoea, dysentery and piles.

*Slippery Elm Tea.*—Take of powdered slippery elm one tea-spoonful, one of sugar, boiling water a pint; infuse until the elm is dissolved.

This tea is useful in a great many complaints, such as diarrhœa, dysentery, sore throat, inflammation of the stomach, kidneys and bladder. It is soothing to the parts with which it comes in contact.

#### UNICORN, STAR-ROOT, DEVIL'S-BIT, COLIC-ROOT.

The root is a smart, bitter, and strengthening medicine. When taken in sufficient quantity, it purges. It has been used with benefit in agues, accompanied with dropsical swellings, in indigestion accompanied with nervous symptoms and sickness, and in hysterick and flatulent colic. It may be taken in the form of strong tea, made either by steeping or boiling, or in dry powder, or occasionally in spirit.

#### SCULLCAP.

This plant is generally known as the blue scullcap, and is also called side-flowering scullcap, mad dog-weed, and hoodwort. It grows in damp places and along streams. Meadows which are overflowed with water in the spring, and become dry during the summer, often produce it abundantly.

Scullcap has a small, fibrous root, and an erect, sharply four-cornered stem, which varies from ten inches to two feet in height. It is branched similar to lobelia inflata, the lower branches being the longest, but none of them reaching above the top of the stem. The leaves are rounding, or heart-shaped at the base, acutely pointed and divided along the margins into teeth of irregular sizes. The flowers are blue, making their appearance in July, and are arranged in pairs on the under sides of the branches. They are succeeded by small seed vessels, of a light green color, and somewhat in the shape of a hood. They open laterally by a valve, each one containing four seeds.

*Properties and uses.*—Scullcap has a prominently bitter taste, and is the best nervine I have ever used; it is also a tonic. It is particularly useful in St. Vitus's dance, convulsions, locked jaw, tremors, ague and fever, and all nervous affections. It may be

given with advantage to children, whose health is impaired from the effects of teething.

The warm infusion may be drank freely through the day, or a heaped tea-spoonful of the powdered leaves, with rather more than an equal quantity of sugar, steeped in a tea-cupful of boiling water, may be taken at a dose, and repeated as often as the symptoms require.

#### LADY'S SLIPPER.

It grows in open woods, particularly where the pine tree prevails, and not unfrequently in shady swamps. It is found in some parts of Massachusetts. It is also very plenty in Maine. The root consists of a number of long and yellowish, or blackish colored fibres, which diverge horizontally from a common centre. The leaves are radical—that is, they proceed directly from the root, and never exceed two in number. They are opposite, tapering, palish green, covered with a fine down, and supplied with nerves, which extend from the base to the point. The flower is large, inflated, pendulous, of a light purple, streaked with veins of a darker hue, and supported at the top of a naked stem, which varies from six to eighteen inches in height. The seed vessel is an inch and a half long, and opens in September by three valves, disclosing a multitude of minute seeds, resembling sawdust.

*Properties and uses.*—The lady's slipper is a very good nervine. It is considered an excellent remedy in nervous headache, epilepsy, tremors, restlessness, and low fevers, having the effect to quiet the nerves, allay pains, and promote sleep. The powder may be taken in the dose of half a tea-spoonful, steeped in a tea-cupful of hot water, sweetened, or it may be added to a tea of composition, or spiced bitters, the latter of which is preferable. The fibres of the lady's slipper and cinnamon, which are left after these articles have been ground and sifted, make a very pleasant tea for weak or nervous people, and may be given advantageously to children, with slight bowel com-

plaints. Boiling impairs the strength of the lady's slipper.

#### FROST-WEED, OR COKE-ASH.

There are two kinds, the large and small frost-weed, and I shall give a description of both and the virtue of only the large. The small frost-weed has round, small purple stalks, two feet high, or more, and lightish blue flowers. The large frost-weed grows two to three feet high, having a round, hairy stalk, spreading itself into a number of branches, having longish leaves; the flowers are of the same color of the small frost-weed flowers, but they are a little larger; they both flower in September and October, and the seed is ripe soon after.

*Virtues.*—The leaves and flowers of the green or dried herb made into a tea and taken, wonderfully helps those who are troubled with the dysentery, or any cold in the bowels. It likewise is exceedingly good for a cold stomach and all cold griefs in any part of the body. Take of the roots dried and pounded fine, three ounces; put it into a junk bottle; fill the bottle with the best cognac brandy; go to bed; put a hot stone at the feet and drink of the brandy, while lying in bed, of a suitable quantity to raise a sweat, which must be kept up about twelve hours, and it will remove beyond conception, all rheumatic complaints. Likewise steep the same quantity of roots in gin, in the manner above mentioned, and it helps pains in the stomach, back, bowels, and sides; finally it is so universal a medicine, it ought always to be kept ready for use.

#### SPIKENARD, HUNGARY ROOT, WILD LIQUORICE, PETTY MORREL, LIFE OF MAN.

The fresh root is full of a juice which resembles turpentine in taste. It is better in this state, than when dry. A strong tea made either by steeping or boiling, is useful in thrush and canker of the mouth, and in very mild cases of malignant sore throat. The recent root, bruised to a pulp in a mortar, makes a useful poultice, for ill conditioned sores.

**LOBELIA, INDIAN TOBACCO, EMETIC AND PUKE WEED.**

This herb is so well known by every one that it needs no description.

It is said that it is an excellent remedy for the colic, by taking a small sprig of it, and a handful of smartweed, and putting them together. A tea made of it and taken, after going to bed, wrapped up warm, soon eases the pain thereof. It is said that it is a safe and easy remedy for the asthma, when taken in a tea, of one spoonful every twenty or thirty minutes, until it causes a little vomiting; keep warm till the operation is over. It opens the obstructions of the lungs. It is good to open the pores and cause the sweat to flow. But it never should be given to young children, unless by a skilful hand, for if it does not vomit, it brings on stupor, delirium and sometimes death.

Two ounces of the plant, put in a pint of spirit, makes a tincture. A tea-spoonful is a medium dose. In asthma, it should be given every twenty minutes till it pukes or relieves; in dropsy every two hours, till it pukes or increases urine.

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**P I L L S.**

THE way of making pills of herbs or roots is this:—Take the herb you wish to make into pills, and pound them in a mortar, or grind them in a mill, that is prepared for that purpose; press out the juice; then dry away the juice in an oven, or simmer it over a slow fire until it is hard enough to pill.

I have been in the habit of making pills of thoroughwort, in the following manner:—Fill a large pot or kettle with the thoroughwort; fill the pot with water; boil until the strength is out of the herb, then fill up the pot or kettle again with the herb and boil until

the strength is out ; repeat again until your decoction is strong. If the water should boil away too much, add more water. When you have done boiling, strain off ; then boil the liquor down until it becomes as thick as molasses ; then, while boiling, add one tea-spoonful of powdered aloes to every quart of liquor ; then set the decoction in a moderate heated oven until it becomes hard enough to pill. Roll out the pills as large as a pea. A portion for an adult is from three to four, when going to bed. These pills are good in indigestion, loss of appetite, liver complaint, weak stomach and consumption.

#### PILLS FOR OTHER DISEASES.

Take of the bark of oil nut, half a peck ; half that quantity of the bark of the roots of white elder ; half a pint of juniper berries pounded fine. Put the whole into a kettle ; fill the kettle with water ; boil until the whole strength is out ; recruit the water as it wastes by boiling ; then strain the liquor off from the bark and roots ; then boil the liquor down until it becomes as thick as molasses, doing it with great care that it may not scorch or burn. After it is cool, and becomes hard, roll them out into pills, with flour, as large as a pea. By taking from two to four pills at night, when going to bed, they relieve costiveness, gently expel the wind from the stomach and bowels. The oil nut bark must be green, and the elder bark takes away the bile, and is good for the dropsy, and is an excellent and safe remedy for the colic and jaundice. These pills ought to be kept prepared ready for use.

#### PILLS FOR THE RHEUMATICS.

Take of white pine turpentine, balsam of copaiva and saltpetre, of equal parts. Mix them together ; then make them into pills as large as a pea. Take one at night and one in the morning. By so doing many have found great relief.

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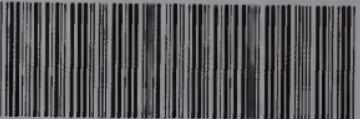
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